



2017 SUMMER AQUAFIT SCHEDULE

For further information, please contact:
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CLASS	LOCATION	TIME	MON.	TUES.	WED.	THURS.	FRI.
	AP = Warm Water						
	OP = Olympic Pool						
AquaFit Combo- Shallow & Deep	AP	8:00 - 9:00 am		✓	✓	✓	
AquaFit Deep Pre-Natal Participants	OP	9:30 - 10:30 am		✓	✓	✓	
AquaFit Deep Water Running - Pre-Natal Participants	OP	10:30 - 11:00 am		✓	✓	✓	
Pathways Pool Program*	AP	11:00 am - 11:45 am		✓			
AquaFit Senior(65+) Open Swim - Free To Community**	AP	12:30 - 1:30 pm		✓		✓	
*All Participants Must Be Pre-Registered With Pathways							
** Registration and Check-In Required at Front Desk							