



AQUAFIT SCHEDULE

July 2nd, 2018 through August 12th, 2018

Class	Location	Monday	Tuesday	Wednesday	Thursday	Friday
HIIT – Aqua Boot Camp Wendy Rosa	Olympic Pool				6:30 – 7:30 am	
HydroFit Dana Conelias	Alumni Pool			12:00pm – 1:00pm		
HydroFit Dana Conelias	Olympic Pool (deep)			9:30am—10:30am		
HydroFit Dana Conelias	Olympic Pool (shallow)					9:30am—10:30am
AquaFit Shallow Deep Combo Betsy Culeman	Alumni Pool		8:00am—8:55am	8:00am—8:55am	8:00am—8:55am	
Water Walkers – Lane 1 Reserved for Shallow Water Walking	Olympic Pool	9:30am—11:00am	12:00pm—1:30pm	1:00pm—2:00pm	12:00pm—1:30pm	12:00pm—1:30pm
Pathways Pool Program*	Alumni Pool		11:00am – 12:00pm			
Senior Open Swim Free to Community (65+)**	Alumni Pool		1:30pm—2:30pm		1:30pm—2:30pm	

*All Participants must be pre-registered with Pathways

**Registration and Check-In Required at Front Desk

If you have any questions regarding the classes please contact the instructors:

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 Dana Conelias conmag9@yahoo.com
 Wendy Rosa wendy.lee987@gmail.com