



AQUAFIT SCHEDULE

Jan 28, 2018 through Mar 3, 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		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 No Instructor	Olympic Pool	11:00am- 12:30pm	11:00am- 12:30pm	11:00am- 12:30 pm	11:00am- 12:30pm	11:00am- 12:30pm
Pathways Pool Program*	Alumni Pool		11:00am – 12:00pm			
Senior Open Swim Free to Community (65+)** No Instructor	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: Lauren Chiappetta, Aquatics at swimschool@gwymca.org Greg Loomis, Wellness Manager at gloomis@gwymca.org

