







AQUATICS



	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	H2O FIT 9:10am-10:10am Sherri	H2O HIIT 9:10am-10:10am Paige	H2O CIRCUIT 9:10am-10:10am Susan	H2O FIT 9:10am-10:10am Paige	H2O CIRCUIT 9:10am-10:10am Susan	H2O FIT 9:10am-10:10am Paige	
		 40% RESISTANCE			 50% RESISTANCE		 60% RESISTANCE
PM		 80% RESISTANCE		 99% RESISTANCE		 120% RESISTANCE	
	DEVELOPMENTAL SWIM CLINIC 4:30pm-5:30pm 5:30pm-7:00pm (registration required)		DEVELOPMENTAL SWIM CLINIC 4:30pm-5:30pm 5:30pm-7:00pm (registration required)	H2O HIIT 6:00pm-7:00pm Paige	DEVELOPMENTAL SWIM CLINIC 4:30pm-5:30pm 5:30pm-7:00pm (registration required)		*Private Lessons will also impact Pool and Lane Availability