

# AQUAFIT 2018

September 10 – December 21, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Athletic Lengths and Skills 6:15 - 7:45 a.m. & 7:30 - 8:45 a.m.		Athletic Lengths and Skills 6:15 - 7:45 a.m. & 7:30 - 8:45 a.m.			Athletic Lengths and Skills 8 - 9:30 a.m.
	River 8 - 9 a.m.		Deep 8 - 9 a.m.	Mind / Body 8 - 9 a.m.		
Deep 9 - 10 a.m.	River Walking 9 - 10 a.m.	Deep 9 - 10 a.m.	River Walking 9 - 10 a.m.	Deep 9 - 10 a.m.	50/50 River/Deep Water 9 - 10 a.m.	
	Deep 9:15 - 10:15 a.m.		Deep 9:15 - 10:15 a.m.			
MS Moves 10 - 11 a.m.		MS Moves 10 - 11 a.m.		MS Moves 10 - 11 a.m.		
Seniors Shallow 10 - 10:55 a.m.		Seniors Shallow 10 - 10:55 a.m.		Seniors Shallow 10 - 11 a.m.		
Baby Bootcamp 10 - 11 a.m.		Baby Bootcamp 10 - 11 a.m.				
Seniors Deep 11 - 12 p.m.		Seniors Deep 11 - 12 p.m.		Seniors Deep 11 - 12 p.m.		
Water Polo 7 - 8:30 p.m.		Water Polo 7 - 8:30 p.m.				
Athletic Lengths and Skills 7 - 8:30 p.m.		Athletic Lengths and Skills 7 - 8:30 p.m.				
Shallow/River 8 - 9 p.m.	Deep 8 - 9 p.m.	Shallow/River 8 - 9 p.m.	Deep 8 - 9 p.m.			

**No Classes on Saturday's of long weekends or on holiday Monday's.  
Please visit the front desk or call 780.830.5000 to ensure your  
drop-in class is running.**