

Pool temperature 86°



Water Aerobics & Arthritis Exercise Classes

We offer two types of classes:
*Water Aerobics & *Arthritis Water Exercise**

**Arthritis Water Exercise in blue. Arthritis class is a low impact class
(Lap swim schedule in Red)*

Monday	Tuesday	Wednesday	Thursday	Friday
L/S 7:45-8:15am	L/S 7:45-8:15am	L/S 7:45-8:15am	L/S 7:45-8:15am	L/S 7:45-8:15am
8:45am	8:45am	8:45am	8:45am	8:45am
<u>*10:00am*</u>		<u>*10:00am*</u>		<u>*10:00am*</u>
<u>*11:15am*</u>	<u>*11:15am*</u>	<u>*11:15am*</u>	<u>*11:15am*</u>	<u>*11:15am*</u>
	L/S 4:00-4:30pm		L/S 4:00-4:30pm	
5:30pm	5:30pm		5:30pm	
	6:30pm		6:30pm	

Lap Swim cost: Member .50\$ Non-Member \$1.00 (*Lap swim schedule in Red*)
(You must be 16 years or older and have a swimming partner before entering the pool)
L/S - (Lap Swim will not be offered during any other class times)

Swim Class Cost:
\$2.25 per visit; or purchase a punch card of 20 visits for \$40.00