

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

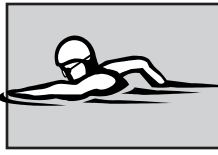
Morning



6am - 7am
Aqua-Fit



6am - 7am
Aqua-Fit



9:30am - 10:15am
Aqua Zumba®

9:30am - 10:30am
Aqua-Fit

9:30am - 10:30am
Aqua-Fit

9:30am - 10:30am
Aqua-Fit

9:30am - 10:30am
Aqua-Fit

9:30am - 10:30am
Aqua-Fit

10am - 12pm
Family Swim Time

2pm - 5:45pm
Children's Day Saturday

Midday

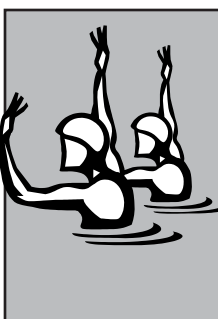
10:30am - 11:15am
Arthritis Foundation Aquatics Program

10:30am - 11:15am
Arthritis Foundation Aquatics Program

10:30am - 11:15am
Arthritis Foundation Aquatics Program

10:30am - 11:15am
Arthritis Foundation Aquatics Program

10:30am - 11:30am
Arthritis Foundation Plus Endurance



3:30pm - 5:30pm
Parent/Child Fitness Training

3:30pm - 5:30pm
Parent/Child Fitness Training

3:30pm - 5:30pm
Parent/Child Fitness Training

Sunday

3pm - 4:45pm
Family Swim Time

Evening

5:30pm - 6:30pm
Aqua Zumba®

5:30pm - 6:30pm
Aqua Power & Aerobics

5:30pm - 6:30pm
Aqua Power & Aerobics

5:30pm - 6:30pm
Aqua Power & Aerobics

5:30pm - 8:30pm
Family Swim Time



6:30pm - 7:45pm
Family Swim Time



6:30pm - 7:45pm
Family Swim Time



Aquatics Schedule
JIM DAILEY FITNESS & AQUATIC CENTER
Effective January 30, 2012

