

# SCHOOL YEAR WATER EXERCISE CLASS SCC INDOOR OPTIONS

TIME:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	POOL OPENS AT 5:30am MONDAY - FRIDAY						
5:30am							
6:00am							
6:30am							
7:00am							
7:30am						POOL OPENS AT 8am	
8:00am							
8:30am							
9:00am		Paula M.				LTS 9a - 12p	
9:30am	Paula M	9:15a WJ	Paula M.		Paula M		
10:00am	9:30a SS		9:30a SS		9:30a SS		
10:30am							
11:00am							Paula M.
11:30am							11:15 WJ
12:00pm		Paula F.		Paula F.		OPEN SWIM 12- 5:30pm	
12:30pm		12pm HF		12pm HF			
1:00pm	Marian		Marian		Marian		
1:30pm	1pm SS		1pm SS		1pm SS		
2:00pm							
2:30pm							
3:00pm							
3:30pm	OPEN SWIM 3:30pm - 4:30pm				OPEN SWIM		
4:00pm					3:30pm -		
4:30pm	LEARN TO SWIM 4:30pm - 6:30pm				8:00pm		
5:00pm							
5:30pm						CLOSED AT 5:30pm	
6:00pm							
6:30pm	OPEN SWIM 6:30-8pm		Paula M.			<b>INSTRUCTORS</b>	
7:00pm		Kate	6:30pm WEX				
7:30pm		7pm AZ				Paula Flauto	
8:00pm						Marian Jacobs	
8:30pm						Paula McArthur	
9:00pm	POOL CLOSSES AT 9:00pm MONDAY - FRIDAY					Kate Weaver	

## CLASSES OFFERED

AZ	Aqua Zumba
HF	Hydro Fit
SS	Silver Splash
WEX	Water Exercise
WJ	Water Jogging

\* Aquatic Exercise Passes or Drop-in Rates apply for **ALL** Aquatic Exercise classes except Silver Splash.

\* Silver Splash is offered only to Silver Sneaker Members

<b>AQUA EXERCISE DROP-IN RATES</b>	Adults \$5	Seniors \$3
------------------------------------	------------	-------------

## AQUATIC EXERCISE PASS PRICES

MEMBER	RESIDENT NON-MEMBER	SENIOR (60+) MEMBER
10 Classes - \$30	10 Classes - \$50	10 Classes - \$15
15 Classes - \$45	15 Classes - \$75	15 Classes - \$22.50
20 Classes - \$60	20 Classes - \$100	20 Classes - \$30





