

SPRING 2026 WATER AEROBICS SCHEDULE



MAIN POOL

MON	TUE	WED	THU	FRI
9:00 AM - 9:50 AM Deep & Shallow INTERMEDIATE M & W Sujata	9:00 AM - 9:50 AM Deep & Shallow ADVANCED T & Th Susie	9:00 AM - 9:50 AM Deep & Shallow INTERMEDIATE M & W Sujata	9:00 AM - 9:50 AM Deep & Shallow ADVANCED T & Th Susie	9:00 AM - 9:50 AM Deep Water Motion ADVANCED Fri Only Sujata
10:00 AM - 10:50 AM Deep Water Motion ADVANCED M & W Sujata	10:00 AM - 10:50 AM Deep & Shallow INTER./ADVANCED T & Th Susie	10:00 AM - 10:50 AM Deep Water Motion ADVANCED M & W Sujata	10:00 AM - 10:50 AM Deep & Shallow INTERMED./ADVANCED T & Th Susie	10:00 AM - 10:50 AM Deep Water Motion ADVANCED Fri Only Sujata
	11:00 AM - 11:55 AM Strength & Toning INTERMEDIATE T & Th Stacy	10:00 AM - 11:00 AM Non-Impact BEGINNER Wed Only Gary	11:00 AM - 11:55 AM Strength & Toning INTERMEDIATE T & Th Stacy	11:00 AM - 11:50 AM Deep & Shallow ADVANCED Fri Only Laura
11:00 AM - 11:50 AM Cardio & Strength INTERMEDIATE M & W Randi		11:00 AM - 11:50 AM Cardio & Strength INTERMEDIATE M & W Randi		
12:00 PM - 12:50 PM Deep Water Motion ADVANCED M & W Susie		12:00 PM - 12:50 PM Deep Water Motion ADVANCED M & W Susie		
6:00 PM - 6:50 PM Water Workout INTERMEDIATE M & W Shirley	6:00 PM - 6:50 PM Power Workout INTERMEDIATE T & Th Cathi	6:00 PM - 6:50 PM Water Workout INTERMEDIATE M & W Shirley	6:00 PM - 6:50 PM Power Workout INTERMEDIATE T & Th Cathi	



DESCRIPTIONS



REGISTRATION

SHALLOW POOL

MON	TUE	WED	THU	FRI
9:00 AM - 9:50 AM Toning & Flexibility BEGINNER M & W Randi		9:00 AM - 9:50 AM Toning & Flexibility BEGINNER M & W Randi		
10:00 AM - 10:50 AM Toning & Flexibility BEGINNER M & W Randi	10:00 AM - 10:55 AM Flex. & Strength BEGINNER T & Th Stacy	10:00 AM - 10:50 AM Toning & Flexibility BEGINNER M & W Randi	10:00 AM - 10:55 AM Flex. & Strength BEGINNER T & Th Stacy	10:00 AM - 10:50 AM Toning & Flexibility BEGINNER Fri Only Laura
11:00 AM - 11:50 AM Work the Water BEGINNER M & W Susie	11:00 AM - 11:50 AM Work the Water INTERMEDIATE T & Th Susie	11:00 AM - 11:50 AM Work the Water BEGINNER M & W Susie	11:00 AM - 11:50 AM Work the Water INTERMEDIATE T & Th Susie	
	5:30 PM - 6:30 PM Water Yoga BEGINNER Tue Only Dan		<div style="border: 2px dashed blue; padding: 5px;"> Member registration: \$20 Non-member registration (YELLOW): \$60 </div>	

Please note: Schedule is subject to change.

SESSION DATES: FEBRUARY 23RD - APRIL 10TH