

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00am - 9:45am
Aqua Zumba

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

Sunday

3pm - 4:45pm
**Family Swim
Time**



Aquatics Schedule

JIM DAILEY FITNESS & AQUATIC CENTER
Effective August 1, 2013

Morning



6am - 7am
Aqua-Fit

6am - 7am
Aqua-Fit

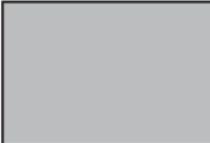
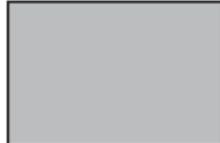


9:30am - 10:30am
Aqua-Fit

Midday

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**

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**

