

2010
Aquatic
Schedule

The Family 
Serving the CSRA since 1858.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--|---|--|---|--|--|
| 8:00 A.M. | Turbo H2O <i>Robin</i> | Turbo H2O <i>Kim</i> | Turbo H2O <i>Robin</i> | Turbo H2O Workout <i>Jeanette</i> | Turbo H2O (Rotation) <i>Sarah and Terri</i> | H2O Fitness (8:30) Rotation |
| 10:00 A.M. | Twinges in Your Hinges <i>Hank</i> | Twinges in Your Hinges <i>Robin</i> | Twinges in Your Hinges <i>Hank</i> | Twinges in Your Hinges <i>Robin</i> | Twinges in Your Hinges (Rotation) <i>Sarah and Terri</i> | Twinges in Your Hinges <i>Hank</i> |
| 11:00 A.M. | Twinges in Your Hinges <i>Tee</i> | | Twinges in Your Hinges <i>Tee</i> | | Twinges in Your Hinges (Rotation) <i>Sarah and Terri</i> | |
| 12:00 P.M. | | | Parkinson/MS <i>Robin</i> | | | |
| 3:00 P.M. | H2O Fitness <i>Sarah</i> | H2O Fitness <i>Tee</i> | H2O Fitness <i>Eileen</i> | H2O Fitness <i>Tee</i> | | |
| 6:00 P.M. | | Power Water <i>Tee</i> | | Power Water <i>Tee</i> | | |

Open Swim for families begins at 12:00 Monday-Friday, 8:00 on Saturday, & 1:00 on Sunday.

The Temperature of the pool can fluctuate between 86 & 89 degrees.