

# Aquatic Activities



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## New Lifeguard Class # 1103016-05

- November 5 and 12: 5:00 - 8:00 pm
- November 7 and 14: 9:00 am -12:30 pm
- November 8: 1:00 - 5:00 pm
  - Remember to set up a swim test with Melissa or Liz prior to registering for the class.



## Water Fitness classes

Aqua Aerobics - Mon,Wed,Fri.....8:00 a.m. - 9:00 a.m.  
Splash Aerobics - Mon,Wed,Fri.....11:00 a.m. - 11:45 a.m.  
Express Aerobics - Wed.....5:30 p.m. - 6:30 p.m.  
The Deep - Tue & Thur .....8:00 a.m - 9:00 a.m.  
Twinges in the Hinges - Tue,Thur,Fri...9:00 a.m - 10:00 a.m.  
Silver Sneakers - Tue.....11:00 a.m. - 11:45 a.m.