














# The Marsh Pool Schedule

Winter 2012

February 6 - 12

|            | Mon. 6   | Tues. 7  | Wed. 8  | Thurs. 9  | Fri. 10   | Sat. 11  | Sun. 12   |
|------------|--|--|---|---|---|--|---|
| 7:00 a.m.  |  | *** <br>Water Power & Abs<br>Lap Pool<br>Jillian        |   | *** <br>Water Workout<br>Lap Pool<br>Linda |   |  |   |
| 9:30 a.m.  | *** <br>Water Walking<br>Lap Pool<br>Diane P. | *** <br>Water Fitness & Xertubes<br>Lap Pool<br>Kristin | *** <br>Water Workout<br>Lap Pool<br>Amy         | *** <br>Aqua Sport<br>Lap Pool<br>Peter    | *** <br>Cardio Smart<br>Aqua Mix<br>Lap Pool<br>Stephanie  | *** <br>Water Workout<br>Lap Pool<br>Jennifer |   |
| 10:15 a.m. | Loose & Limber<br>Therapy Pool<br>Dianna   | Gentle Stretch<br>Therapy Pool<br>Katherine  | Balance Techniques<br>Therapy Pool<br>Diane P.  | Water Play<br>Therapy Pool<br>Jillian   | Ai Chi<br>Therapy Pool<br>Dianna  |  | *** <br>Aqua Mix<br>Lap Pool<br>Dianna                                       |
| 10:30 a.m. |  |  |   |   |   | Gentle Stretch<br>Therapy Pool<br>Jennifer   |   |
| 11:00 a.m. | *** <br>Aqua Mix<br>Lap Pool<br>Jillian     |  | *** <br>Water Power & Abs<br>Lap Pool<br>Peter |   | *** <br>Water Fitness & Xertubes<br>Lap Pool<br>Jennifer |  |   |
| 11:15 a.m. | Balance Techniques<br>Therapy Pool<br>Debi   | Ai Chi<br>Therapy Pool<br>Dianna   | Warm Water<br>Yoga<br>Therapy Pool<br>Stephanie   |   | Loose & Limber<br>Therapy Pool<br>Dianna  |  | Ai Chi<br>Therapy Pool<br>Dianna  |
| 4:00 p.m.  |  | \$ (3:30-6:30)<br>Children's Winter<br>Swim Lessons<br>Lap Pool<br>(1/10 - 3/13)   |   | \$ (4:00-5:30)<br>Children's Winter<br>Swim Lessons<br>Lap Pool<br>(1/12 - 3/15)  |   |  | \$ (3:30-6:00)<br>Winter<br>AquaBabies/<br>AquaTots<br>Therapy Pool<br>&<br>\$ (6:00-6:45)<br>Children's Winter<br>Swim Lessons<br>Lap Pool<br><br>(1/8 - 3/11) |
| 6:00 p.m.  |  |  | *** <br>Aqua Mix<br>Lap Pool<br>Jillian        |   |   |  |   |
| 7:00 p.m.  |  |  | Yoga Stretch<br>Therapy Pool<br>Jillian   |   |   |  |   |

All Marsh Aquatic Classes are 45 minutes in length unless shown otherwise in parentheses.

All classes are free of charge to members, except for special programming (designated \$).

\*\*\* The Lap Lane is CLOSED during classes. Please join us for class instead. Thank you!