**Aquatics Schedule January 2015**

**POOL HOURS**
- Monday-Friday: 6:00am-9:00pm
- Saturday: 7:30am-6:30pm
- Sunday: 1:30pm-5:30pm

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### Monday
- 8am-8:45am: Aqua Aerobics
- 11:30am-12pm: Arthritis R.O.M.
- 12:15pm-1pm: Aqua Aerobics
- 5:30pm-6:30pm: Aqua Zumba

### Tuesday
- 8:30am-9:15am: Circuit Slam
- 10am-12pm: Water Volleyball
- 12:15pm-1pm: Aqua Aerobics
- 5pm-8:30pm: Swim Lessons

### Wednesday
- 8am-8:45am: Aqua Aerobics
- 11:30am-12pm: Arthritis R.O.M.
- 12:15pm-1pm: Circuit Slam
- 4pm-6pm: Swim Team

### Thursday
- 9am-10am: Aqua Zumba
- 10am-11am: Aqua Box
- 12pm-2pm: Water Volleyball
- 5pm-8:30am: Swim Lessons

### Friday
- 8am-8:45am: Aqua Aerobics
- 10am-12pm: Water Volleyball
- 12:15pm-1pm: Aqua Aerobics

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Please see the back of this schedule for Class Descriptions. Classes Subject to Change and Cancelation.

Questions? Please Contact: June Reavis 843-488-7686 or jreavis@cityofconway.com

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In observance of Martin Luther King Holiday, there will be NO scheduled classes on Monday, January 19.