



October 2021 LC Ward 3 Recreation-Natatorium Schedule



Mon-Fri 6am-8pm
Sat 8am-12pm



Boots
Sweaters
Hot cocoa
Jeans
PUMPKINS
Fall festivals
Football
Scarves
Halloween

Annoucement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Therapeutic pool is CLOSED when classes are going on.					1 Open Swim 6a-8p	2 Open Swim 8a-12
Aqua Flex- 25 per Class	4	5	6	7	8	9
Aqua Therapy-12 Per Class	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p	Open Swim 8a-12
Aqua Blast- 25 per Class	11	12	13	14	15	16
	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p	Open Swim 8a-12
Sam Houston Swim Team will Use lanes 1-4 M-Th from 4p-6p Those lanes are Closed to the Public at those Times.	18	19	20	21	22	23
On Fridays they Will have lane 1 From 4p-6p. IN LAP POOL !	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p	Open Swim 8a-12
	25	26	27	28	29	30
	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	Open Swim 6a-8p 6p Aqua Blast	Open Swim 6a-8p	Open Swim 8a-12

Water Aerobics-Class combines Cardio & Strength training designed to burn fat while strengthening & toning muscles. Suitable for all fitness levels.

Aqua Flex-Taking Yoga to the water stretching ton improve strength & flexibility.

Aqua Therapy- Basic movements and stretching, NON IMPACT. Must be signed up for this class monthly. Only taking 12 per class.

Aqua Blast-Fun cardio & strength training class designed to burn fat & tone muscle while having a blast in the water.

