




# April 2022 LC Ward 3 Recreation-Natatorium Schedule

Spring *into* Action

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

Spring *into* Health

Annoucement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Therapeutic pool is CLOSED when classes are going on. LaGrange uses lane 1-2 on M/W @4:30p						1 Open Swim 6a-8p	2 Open Swim 8a-12
	4 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	5 Open Swim 6a-8p 6p Aqua Blast	6 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	7 Open Swim 8a-12p 6p Aqua Blast	8 Open Swim 6a-8p	9 Open Swim 8a-12	
Aqua Flex- 25 per Class							
Aqua Therapy-12 Per Class	11 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	12 Open Swim 6a-8p 6p Aqua Blast	13 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	14 Open Swim 6a-8p 6p Aqua Blast			
Aqua Blast- 25 per Class							
						2	23
	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 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	26 Open Swim 6a-8p 6p Aqua Blast	27 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	28 Open Swim 6a-8p 6p Aqua Blast	29 Open Swim 6a-8p	30 Open Swim 8a-12	

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. For those with extreme ailments.

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

