

# June 2022 LC Ward 3 Recreation-Natatorium Schedule

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



Annoucement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Therapeutic pool is CLOSED when classes are going on.			1 Open Swim 6a-8p 9:00a Aqua Flex	2 Open Swim 6a-8p 6p Aqua Blast	3 Open Swim 6a-8p	4 Open Swim 8a-12
Aqua Flex- 25 per Class Aqua Therapy-12 Per Class	6 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	7 Open Swim 6a-8p 6p Aqua Blast	8 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	9 Open Swim 8a-12p Ladies Night in the Pool 5:30p-7:00p	10 Open Swim 6a-8p	11 Open Swim 8a-12
Aqua Blast- 25 per Class	13 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	14 Open Swim 6a-8p 6p Aqua Blast	15 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	16 Open Swim 6a-8p 6p Aqua Blast	17 Open Swim 6a-8p	18 Open Swim 8a-12
Summer Swim League Practice Will use lanes 1-3 On Tues & Thurs 5:30p-7p	20 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	21 Open Swim 6a-8p 6p Aqua Blast	22 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	23 Open Swim 6a-8p 6p Aqua Blast	24 Open Swim 6a-8p	25 Open Swim 8a-12
	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 9:00a Aqua Flex 1:15p Aqua Therapy	30 Open Swim 6a-8p 6p Aqua Blast		

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.

