

March 2023

LC Ward 3 Recreation-Natatorium Schedule
Mon-Fri 6am-8pm

Sat 8am-12pm



| Annoucement |  | | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| Therapeutic pool is CLOSED when classes are going on. | | | 1 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy | 2 Open Swim 6a-8p 6p Aqua Blast | 3 Open Swim 6a-8p | 4 Open Swim 8a-12 |
| Aqua Flex- 30 per Class | 6 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy 6p Aqua Blast | 7 Open Swim 6a-8p 6p Aqua Blast | 8 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy | 9 Open Swim 6a-8p 6p Aqua Blast | 10 Open Swim 6a-8p | 11 Open Swim 8a-12 |
| Aqua Therapy-12 Per Class | | | | |  17 Open Swim 6a-8p | |
| Aqua Blast- 25 per Class | 13 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy 6p Aqua Blast | 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 | | 18 Open Swim 8a-12 |
|  | 20 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy 6p Aqua Blast | 21 Open Swim 6a-12p 6p Aqua Blast | 22 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy | 23 Open Swim 6a-5p 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 6p Aqua Blast | 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 | 31 Open Swim 6a-8p |  |

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.



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