



May 2023 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 1:15p Aqua Therapy 6p Aqua Blast	2 Open Swim 6a-8p 6p Aqua Blast	3 Open Swim 6a-8p 9:00a Aqua Flex	4 Open Swim 6a-8p 6p Aqua Blast	5 Open Swim 6a-8p	6 Open Swim 8a-12
Aqua Flex- 30 per Class Aqua Therapy-12 Per Class	8 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy 6p Aqua Blast	9 Open Swim 6a-8p 6p Aqua Blast	10 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	11 Open Swim 8a-12p 6p Aqua Blast	12 Open Swim 6a-8p	13 Open Swim 8a-12
Aqua Blast- 25 per Class	15 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy 6p Aqua Blast	16 Open Swim 6a-8p 6p Aqua Blast	17 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	18 Open Swim 6a-8p 6p Aqua Blast	19 Open Swim 6a-8p	20 Open Swim 8a-12
	22 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy 6p Aqua Blast	23 Open Swim 6a-8p 6p Aqua Blast	24  Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	25 Open Swim 6a-8p 6p Aqua Blast	26 Open Swim 6a-8p	27 Open Swim 8a-12
	 Open Swim 6a-12p No Classes	30 Open Swim 6a-8p 6p Aqua Blast	31 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy			

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.

