

Z E N E R G Y

HEALTH CLUB • SPA • BOUTIQUE

October 2018 - Zenergy Aquatic Schedule

Monday

6:15-7:45am	WRHS Swim Team (Brian)	Outdoor Pool	Through November 1
8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool	
12:00-12:55pm	Masters (Ed)	Outdoor Pool	
4:00-5:15pm	Atkinsons Park Swim Team	Outdoor Pool	September 10 - Nov 1

Tuesday

6:15-7:45am	WRHS Swim Team (Brian)	Outdoor Pool	Through November 1
8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool	
1:30-2:10pm	\$ Bubble Blowing - 3-4 yrs (Jennifer)	Indoor Pool	
2:15-2:55pm	\$ Beg Swimming - 4-5 yrs (Jennifer)	Indoor Pool	
3:15-3:55pm	\$ Swim Conditioning - 6+ yrs (Jennifer)	Indoor Pool	
4:00-4:40pm	\$ Beg Swimming - 4-6 yrs (Jennifer)	Indoor Pool	
4:00-5:15pm	\$ Atkinsons Park Swim Team	Outdoor Pool	September 10 - Nov 1
4:45-5:25pm	\$ Youth Swimming - Ages 4-6 (Jennifer)	Indoor Pool	
5:15-6:15pm	Masters (Ed)	Outdoor Pool	
5:30-7:30pm	Aquability	Indoor Pool	

Wednesday

8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool	
12:00-12:55pm	Masters (Ed)	Outdoor Pool	
4:00-5:15pm	Atkinsons Park Swim Team	Outdoor Pool	September 10 - Nov 1

Thursday

6:15-7:45am	WRHS Swim Team (Brian)	Outdoor Pool	Through November 1
8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool	
5:15-6:15pm	Masters (Ed)	Outdoor Pool	
4:00-5:15pm	Atkinsons Park Swim Team	Outdoor Pool	September 10 - Nov 1

Friday

6:15-7:45am	WRHS Swim Team (Brian)	Outdoor Pool	Through November 1
8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool	
12:00-12:55pm	Masters (Ed)	Outdoor Pool	

Saturday

Sunday