



AQUATICS & WELLNESS

August 7 – November 3

Leisure Pool

| Lap Swim | | | | | | |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00a-6:30a Both Lanes | 5:00a-6:30a Both Lanes | 5:00a-6:30a Both Lanes | 5:00a-6:30a Both Lanes | 5:00a-6:30a Both Lanes | 7:00a-5:30p Both Lanes | 8:00a-5:30p Both Lanes |

| Water Fitness | | | | | | |
|--|--------------------------------|---------------------------------------|--------------------------------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **8:00a-9:00a Hydro H.I.T Trista | 9:00a-10:00a Hydro Julie | **8:00a-9:00a Hydro H.I.T Wendy | 9:00a-10:00a Hydro Julie | | | |

| Family Swim | | | | | | |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00a-8:30p Leisure Area | 5:00a-8:30p Leisure Area | 5:00a-8:30p Leisure Area | 5:00a-8:30p Leisure Area | 5:00a-8:30p Leisure Area | 7:00a-5:30p Leisure Area | 8:00a-5:30p Leisure Area |

August 7 – November 3

Competition Pool

| Lap Swim | | | | | | |
|--|--|--|--|--|--|--------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00a-4:00p All Lanes | 5:00a-6:00a All Lanes | 5:00a-4:00p All Lanes | 5:00a-6:00a All Lanes | 5:00a-4:00p All Lanes | 7:00a-7:30a All Lanes | 8:00a-5:30p All Lanes |
| | 6:00a-7:30a CLOSED for Swim Team | | 6:00a-7:30a CLOSED for Swim Team | | 7:30a-9:00a CLOSED for Swim Team | |
| | 7:30a-4:00p All Lanes | | 7:30a-4:00p All Lanes | | 9:00a-5:30p All Lanes | |
| 4:00p-6:15p CLOSED for Swim Team | 4:00p-6:15p CLOSED for Swim Team | 4:00p-6:15p CLOSED for Swim Team | 4:00p-6:15p CLOSED for Swim Team | 4:00p-6:15p CLOSED for Swim Team | | |
| 6:15p-7:30p Lanes 4-6 Open | 6:15p-7:30p Lanes 4-6 Open | 6:15p-7:30p Lanes 4-6 Open | 6:15p-7:30p Lanes 4-6 Open | 6:15p-7:30p Lanes 4-6 Open | | |
| 7:30p-8:30p All Lanes | 7:30p-8:30p All Lanes | 7:30p-8:30p All Lanes | 7:30p-8:30p All Lanes | 7:30p-8:30p All Lanes | | |

| Water Fitness | | | | | | |
|--|--------------------------------------|--|-------------------------------------|-----------------------------|---|---------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:15a-6:15a Hydro Wendy | | 5:15a-6:15a Hydro Wendy | | 5:15a-6:15a Hydro Amy | 9:00a-10:00a Boot Camp Trista/Amy | New Class Coming Soon! |
| 6:15p-7:15p Hydro Training Wendy | 6:15p-7:15p Hydro Training Amy | 6:15p-7:15p Hydro Training Wendy | 6:15p-7:15p H2O H.I.T Kathryn | | | |

- **BOGAFIT classes coming soon in September! Demo Classes will begin the end of August/Early September.**
- **Tuesday Hydro with Amy will not take place on the following Tuesdays due to Ankeny Swim Meets: 9/5, 9/12, 9/19, 10/3, 11/21, and Thursday Class with Kathryn will be cancelled on: 12/7, 1/4, 1/18**

*Fall Schedule 2017