



**AquaPlex Cool Water Classes  
Held in Lap pool & Lazy River  
Effective January 12, 2009**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00 am							7:15-8:15a Run The Rapids –Anna  Swim For Fitness – Lap Lane – Tom 730-830a
8-9 am		Run The Rapids – Lazy River – Janelle	Run the Rapids - Lazy River – Anna	Run the Rapids – Lazy River - Janelle	Run the Rapids - Lazy River - Anna	Run the Rapids – Lazy River - Sharon	Run the Rapids Lazy River - Joelyn 8:15-9:15am
9-10 am		Water Volleyball	Water Volleyball	Water Volleyball	Water Volleyball	Water Volleyball	Lessons 9:00-11:15 am 2 lanes
10-11 am		Run The Rapids – Lazy River - Linda	Run The Rapids - Jennifer	Run The Rapids – Lazy River - Linda	Run The Rapids - Jennifer	Run the Rapids Lazy River - Linda	
10:30-11:30am		OSF MS-Class pool			OSF MS- Class pool		
4-5 p		High / Low Class Section Jennifer	Tummies and Thighs-Class Anna	High/Low Class section Shelly	Tummies and Thighs-Class Anna		
5-6 pm							
6-7:45 pm			Swim Lessons 2 lanes		Swim Lessons 2 lanes		
7-8 pm		High/Low Lap pool - Roxy	Run the Rapids- lazy river - Roxy		Run the Rapids-lazy river - Roxy		

