



**AquaPlex Cool Water Classes
Held in Lap pool & Lazy River
Effective January 2, 2010**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00 am							7:15-8:15a Run The Rapids –Anna
8-9 am		Run The Rapids – Lazy River – Janelle \$\$		Run the Rapids – Lazy River – Janelle \$\$		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		
1:00-2:00pm		Silver Splash – class section				Silver Splash – class section	
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	High/Low Water Aerobics - Bonnie	Swim Lessons 2 lanes		
7-8 pm		High/Low Lap pool – Roxy \$\$	Run the Rapids-lazy river – Roxy \$\$		Run the Rapids-lazy river – Roxy \$\$		** YELLO – high \$\$ RED – med ##GREEN - low

