

Aqua Aerobics Class Schedule Starting August 29, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics (Med Intensity) 8:30am-9:30am	Aqua Aerobics (Med Intensity) 9am-10am	Aqua Aerobics (Med Intensity) 8:30am-9:30am	Aqua Aerobics (Med Intensity) 9am-10am	
Waterbugs (Low Intensity) 10am-11am		Waterbugs (Low Intensity) 10am-11am		Waterbugs (Low Intensity) 10am-11am
Aqua Aerobics (Med Intensity) 6pm-6:45pm	Aqua Aerobics (Med Intensity) 6pm-6:45pm	Aqua Aerobics (Med Intensity) 6pm-6:45pm	Aqua Aerobics (Med Intensity) 6pm-6:45pm	

Pool Hours of Operation (lap swimming & general use):

Monday/Wednesday: 8am-1pm, 6pm-8pm

Tuesday/Thursday: 9am-1pm, 6pm-8pm

Friday: 9am-1pm

Saturday: 10:00am- 1:00pm

Sunday: noon- 3:00pm

2022-23 school year, QU has re-started the swim team and they will be using the facility during morning practices and afternoon practices. Thank you for understanding!