

Teen-Adult Aquatics

Session Dates: November 9, 2009 - January 31, 2010 (10 weeks)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:00am	Swimnastics	Aqua Jog	Swimnastics	Aqua Jog	Super Water Workout
9:00 - 10:00am	Water Walking	Twinges Plus	Water Sampler NEW	Hydrosculpt	
7:45pm	Swimnastics		Swimnastics	(AQUATIC SNEAKERS RECOMMENDED)	

AQUATICS FEES: (10 weeks)

Membership +

Prog / Full

1x per week	\$93.00	\$62.00
2x per week	\$176.70	\$117.80
3x per week	\$260.40	\$173.60
4x per week	\$344.10	\$229.40

WATER SAMPLER: SAMPLE A DIFFERENT CLASS EACH WEDNESDAY.

Nov. 11th - Wet & Wild

Nov. 18th - Super Water Workout

Nov. 25th - Swimnastics

Dec. 2nd - Hydrosculpt

Dec. 9th - Aqua Jog

Dec. 16th - Wet & Wild

Jan. 6th - Super Water Workout

Jan. 13th - Swimnastics

Jan. 20th - Hydrosculpt

Jan. 28th - Aqua Jog