

Aquatics Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP POOL Temp 80-82* Lane 4 (closest to street) designated for lap swimming when other lanes are in use.					
					Extreme H2O 9:00 – 9:55 am
Splash Dash 9 – 9:45 am	Instructors Choice 9:00-9:45 am	Splash Dash 9 – 9:45 am	Instructors Choice 9:00-9:45 am	Splash Dash 9 – 9:45 am	
Aqua Zumba 10:15 – 11:00 am		Aqua Zumba 10:15 – 11:00 am			Aqua Zumba 10:15 – 11:00 am
Extreme H2O 6:30-7:30 pm	Aqua Zumba 6:00 – 6:45 pm	Extreme H2O 6:30-7:30 pm			
WARM WATER POOL Temp 90* (Class limit: 20) To participate please sign in at the front desk. Pool closed for Open Swim during scheduled classes. Open Swim OK during Swim lessons and PT, but please be considerate of others.					
Arthritis Movements 10-10:45 am	Arthritis Movements 10-10:45 am	Arthritis Movements 10-10:45 am	Arthritis Movements 10-10:45 am	Arthritis Movements 10-10:45 am	
Arthritis Movements 11 – 11:55 am	Arthritis Movements 10:45-11:30 am	Arthritis Movements 11-11:55 am	Arthritis Movements 10:45-11:30 am	Arthritis Movements 11-11:55 am	
	Aqua Kriya Yoga 11:45-12:30 pm		Aqua Kriya Yoga 11:45-12:30 pm		
<i>*Limited Space Available for Open Swim</i> Physical Therapy 1-5 pm		<i>*Limited Space Available for Open Swim</i> Physical Therapy 1-5 pm		<i>*Limited Space Available for Open Swim</i> Physical Therapy 1-5 pm	
<i>*Limited Space Available for Open Swim</i> SwimKids USA Swim School 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i> SwimKids USA Swim School 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i> SwimKids USA Swim School 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i> SwimKids USA Swim School 4 pm – 8 pm	SwimKids USA Enroll today! For more information call: 813-991-6258	
	<u>Lap Pool Distances</u> 1 Length = 25 yards 1 Lap = 50 yards 2 Laps = 100 yards 10 Laps = 500 yards 18 Laps = 900 yards (1/2 mile) 27 Laps = 1350 yards (3/4 mile) 35 Laps = 1750 yards (1 mile)		Wet areas are closed when inclement weather is within 6 miles of facility. Class schedules are subject to change. For an update speak to our Health & Fitness reception staff. Before engaging in any Group Fitness program please consult with your physician. For the latest class schedules and monthly newsletters go to parrishhealthandfitness.com		