

# Aquatics Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAP POOL Temp 80-82* (Class limit: 25)</b> <b>Lane 4 (closest to street) designated for lap swimming when other lanes are in use.</b>					
<b>Splash Dash</b> 9 – 9:45 am	<b>Instructors Choice</b> 9-9:45 am	<b>Splash Dash</b> 9 – 9:45 am	<b>Instructors Choice</b> 9-9:45 am	<b>Splash Dash</b> 9 – 9:45 am	<b>Extreme H2O</b> 9 – 9:55 am
<b>Aqua Zumba</b> 10:15 – 11:00 am	<b>Aqua Zumba</b> 10:15 – 11:00 am	<b>Aqua Zumba</b> 10:15 – 11:00 am	<b>Aqua Zumba</b> 10:15 – 11:00 am		<b>Aqua Zumba</b> 10:15 – 11:00 am
<b>Extreme H2O</b> 6:30-7:30 pm	<b>Aqua Zumba</b> 6:00 – 6:45 pm	<b>Extreme H2O</b> 6:30-7:30 pm			
<b>WARM WATER POOL Temp 90* (Class limit: 20) To participate please sign in at the front desk.</b> <b>Pool closed for Open Swim during scheduled classes.</b> <b>Open Swim OK during Swim lessons and PT, but please be considerate of others.</b>					
<b>Arthritis Movements</b> 10-10:45 am		<b>Arthritis Movements</b> 10-10:45 am		<b>Arthritis Movements</b> 10-10:45 am	
<b>Arthritis Movements</b> 11 – 11:45 am	<b>Arthritis Movements</b> 11-11:45 am	<b>Arthritis Movements</b> 11-11:45 am	<b>Arthritis Movements</b> 11-11:45 am	<b>Arthritis Movements</b> 11-11:45 am	
	<b>Aqua Kriya Yoga</b> 11:45-12:30 pm		<b>Aqua Kriya Yoga</b> 11:45-12:30 pm		
<i>*Limited Space Available for Open Swim</i>  <b>Physical Therapy</b> 1-5 pm		<i>*Limited Space Available for Open Swim</i>  <b>Physical Therapy</b> 1-5 pm		<i>*Limited Space Available for Open Swim</i>  <b>Physical Therapy</b> 1-5 pm	
<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<b>SwimKids USA</b>  <b>Enroll today!</b>  <b>For more information call: 813-991-6258</b>	
	<u><b>Lap Pool Distances</b></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)		<b>Wet areas are closed when inclement weather is within 6 miles of facility.</b>  <b>Class schedules are subject to change.</b>  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 <a href="http://parrishhealthandfitness.com">parrishhealthandfitness.com</a>		