

The Marsh Group Aquatics Schedule

April 8 - April 14

Morning Classes

MON	TUES	WED	THUR	FRI	SAT	SUN
Water Power*** 9:30 - Dianna Lap Pool	Water Workout ** 7:00 - Tracie Lap Pool	Water Power*** 9:30 - Stephanie Lap Pool	Stretch & Strength** 7:00-Diane Therapy Pool	Swim & Tone \$ 8:30 - Diane Lap Pool	Swim Clinic 7:45 to 8:45-Barb Lap Pool	Sunday Stretch 10:00 - Tracie Therapy Pool
Loose & Limber * 10:30 - Judy Therapy Pool	Interval Circuits*** 9:30 - Andrew Lap Pool	Balance & Core * 10:30 - Stephanie Therapy Pool	Interval Circuits*** 9:30-Stephanie Lap Pool	Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Interval Circuit*** 9:00 - Brenda Lap Pool	
Aqua Mix ** 11:00 -Carole Lap Pool	\$ Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Aqua Mix ** 11:00 - Carole Lap Pool	Gentle Stretch* 10:30- Judy Therapy Pool	Water Workout*** 10:00 - Jen Lap Pool	Loose & Limber 10:00- Jill Therapy Pool	
Balance & Core * 11:30 - Diane Therapy Pool	Ai Chi * 10:30 - Dianna Therapy Pool	Water Yoga * 11:30 - Judy Therapy Pool		Ai Chi * 10:30 - Dianna Therapy Pool		
				Balance & Core 11:30 -Brenda Therapy Pool		

Afternoon & Evening Classes

Water Workout ** 6:00 - Tracie Lap Pool	Swim Lessons 3:30 - 6:00 PM Lap Pool		Swim Lessons 4:30 - 6:30 PM Lap Pool			Aquatots 3:30-5:45 Therapy Pool
	Water Yoga * 6:00 - Jill Therapy Pool					Swim Lesson 5:45-6:45 Lap Pool

Intensity Levels are as follows: * Therapy ** For All * Vigorous**

Marsh Aquatics Classes are 45 minutes in length unless shown. The Marsh reserves the right to alter the schedule as needed.

All classes are free of charge to members, except for special programming (designated \$)

The Therapy Pool is open for quiet usage during classes EXCEPT for Ai Chi and Water Yoga/Lap lane closed during all classes

During Tu, Thurs swim lessons 1 Lap lane is open. No Lap swimming during Sunday swim lessons