

# The Marsh Group Aquatics Schedule

May 13th - May 19th

Morning Classes						
MON	TUES	WED	THUR	FRI	SAT	SUN
Water Power*** 9:30 - Dianna Lap Pool	Water Workout ** 7:00 - Sharon Lap Pool	Water Power*** 9:30 - Stephanie Lap Pool	Sunrise Splash** 6:30-Tracie Lap Pool	Swim & Tone \$ 8:30 - Diane Lap Pool	Interval Circuit*** 9:00 - Brenda Lap Pool	Sunday Stretch 10:00 - Jill Therapy Pool
Loose & Limber * 10:30 - Judy Therapy Pool	Interval Circuits*** 9:30 - Andrew Lap Pool	Balance & Core * 10:30 - Diane Therapy Pool	Interval Circuits*** 9:30 - Stephanie Lap Pool	Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Loose & Limber 10:00- Tracie Therapy 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- Sharon Therapy Pool	Water Workout*** 10:00 - Jen Lap Pool		
Balance & Core * 11:30 - Judy Therapy Pool	Ai Chi * 10:30 - Dianna Therapy Pool	Water Yoga * 11:30 - Judy Therapy Pool		Ai Chi * 10:30 - Diane Therapy Pool		
		Adult Swim Lessons 12:00 - 1:00 Lap 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			Aqua Tots 4:00-5:30 Lap Pool
	Water Yoga * 6:00 - Tracie Therapy Pool					Swim Lessons 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