

The Marsh Group Aquatics Schedule

LAP POOL CLOSED FOR CLEANING 9/9 - 9/14

September 9th - 15th

Morning Classes

MON	TUES	WED	THUR	FRI	SAT	SUN
Loose & Limber 10:30 - Judy Therapy Pool	\$ Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Balance & Core 10:30 - Stephanie Therapy Pool	Gentle Stretch* 10:30- Stephanie Therapy Pool	Aqua Jog Xpress \$ 9:30 - Ryan Therapy Pool	Aqua Barre 10:00 Tracie Therapy Pool	Sunday Stretch 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 Yoga 6:00 - Tracie Therapy Pool					Aquatots 4:00-5:30 PM Therapy Pool

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