



**FALL 2016**

# Aqua Class Schedule

**Call  
(310) 537-2224**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes
<b>10:30 AM</b> Aqua Wellness (For Developmentally Disabled) 30 Minutes	<b>10 AM</b> Aqua Strength & Conditioning 30 Minutes	<b>10:30 AM</b> Aqua Wellness (For Developmentally Disabled) 30 Minutes	<b>10 AM</b> Aqua Strength & Conditioning 30 Minutes	<p><b>POOL S OF HOPE CELEBRATION OVER 50 YEARS OF PROVIDING LIFE-CHANGING THERAPEUTIC AQUATIC PROGRAMS!</b></p> <hr/> <p><b>HOURS</b> TUESDAY- FRIDAY 8:30 AM- 3:00 PM TUESDAY &amp; THURSDAY 5:30 – 7:30 PM SATURDAY 8:30 AM – 1 PM</p>
<i>"It does not matter how slowly you go as long as you do not stop". - Confucius</i>	<b>11 AM</b> Aqua Zumba 45 Minutes	<i>What you do today can improve your tomorrow". - Ralph Marlston</i>	<b>11 AM</b> Aqua Zumba 45 Minutes	
<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	
<i>"It always seems impossible until it's done". - Nelson Mandela</i>	<b>2 PM</b> Aqua Volleyball 30 Minutes	<b>CONQUER THE DAY!</b>	<b>2 PM</b> Aqua Volleyball 30 Minutes	
<b>5:45 PM</b> Cardio Aqua	<i>Water Changes Everything!</i>	<b>5:45 PM</b> Cardio Aqua	<i>Aquatic Exercise... Good for Mind, Body &amp; Spirit!</i>	
<b>Please check with your doctor prior to starting your aquatic exercise program.</b>	<b>Need Aquatic Therapy? Doctor Prescription Required. Most Insurance Accepted.</b>	<b>November 21st is the last day for the Evening Program. Program will re-start March 2017.</b>	<b>Swim Lessons available for all ages and abilities.</b>	<b>Free Day Pass available for Family/Friends. See Front Desk.</b>