



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **WATER AEROBICS WINTER SCHEDULE 2012**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednes- day</b>	<b>Thursday</b>	<b>Friday</b>
8:00am Aqua Introduction (deep) Jerri	8:00am Deep water Jerri	8:00am Silver Splash Donna	8:00am Aqua Boot Camp (deep) Jerri	8:00am Silver Splash Donna
9:00am Aqua Tone (shallow) Jerri	9:00am Aqua Tone (shallow) Jerri	9:00am Shallow Water Kathy	9:00am Water Workout (shallow) Jerri	9:00am Shallow Water Donna
		10:00am Deep Water Kathy		
7:30pm Water Workout (shallow) Kathy		7:30pm Deep and Shallow Jerri	7:30pm Water Workout (shallow) Kathy	