

Indoor AQUATIC FITNESS CLASS SCHEDULE- ERC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:00 - 8:00 \$1.50		Lap Swim 6:00 - 8:00 \$1.50		Lap Swim 6:00-8:00 \$1.50		
Joints in Motion 8:00 - 8:45 \$3.00		Joints in Motion 8:00 - 8:45 \$3.00		Joints in Motion 8:00 - 8:45 \$3.00		
Arthritis Aquatic Program 9:00 - 9:45 \$3.00	Aqua Fit 9:00 - 9:45 \$3.00	Arthritis Aquatic Program 9:00 - 9:45 \$3.00	Aqua Fit 9:00 - 9:45 \$3.00	Arthritis Aquatic Program 9:00 - 9:45 \$3.00		
Silver Dolphins Instruction 10:00-10:45am \$3.00					Indoor Aqua Fit 10:00 -10:45a \$3.00	
Lap Swim 11:00 - 1:00 \$1.50						
Arthritis Aquatic Program 9:00 - 9:45 \$3.00		Arthritis Aquatic Program 9:00 - 9:45 \$3.00		Arthritis Aquatic Program 9:00 - 9:45 \$3.00	Private Parties 1:00-2:00	
Open Swim 2:00 - 4:00pm only during scheduled School Breaks					Open Swim 2:00-5:00	
Lap Swim 4:30 - 5:30 \$1.50					Private Parties 5:00-6:00	
Aqua Fit 5:30-6:15pm \$3.00	Aqua Beat 5:30-6:15pm \$3.00	Aqua Fit 5:30-6:15pm \$3.00	Aqua Beat 5:30-6:15pm \$3.00	Multi-Use Swim 5:30-6:15pm \$1.50	Open Swim 6:00 - 8:00 0-3 yrs. \$1; 4-15 yrs. \$1.50; 16+ \$2.00	
Open Swim 6:30 - 8:00pm 0-3 yrs. \$1; 4-15 yrs. \$1.50; 16+ \$2.00						

Children MUST be 7 years old to swim without an adult and have a parental form on file.
Drop-in charges are in red
Minimum class size is three participants

ERC Class Pass (land and aquatic classes) \$60/22 classes
Lap Swim Pass \$30/22 swims
Passes can not be used at JAC



Children can participate in appropriate aqua classes as long as they can swim unsupported and follow all rules.