



## Aqua Aerobics Fall/Winter Class Schedule 2017

(Begins Sept 4, ends Dec 22)

<i>Day/ Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 - 9:30 am</b>	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	
<b>9:30 - 10:15am</b>	Mobility (Low Intensity)	Mobility (Low Intensity)	Mobility (Low Intensity)	Mobility (Low Intensity)	
<b>5:30 - 6:30 pm</b>	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	

***Pool Hours of Operation (lap swimming & general use):***

Monday – Friday.....7:00am – 10:30am, Noon – 2:00pm, 5:00 – 9:00pm  
 Saturday/Sunday.....Noon – 6:00pm

***Private Swim Lessons:***

The Quincy University Aqua Aerobics Program also offers private swim lessons for both children and adults. Prices vary and lesson times are flexible. Please call 217-228-5032 and ask for Kathy Kovachevich for more information!