

# NOVEMBER 2025 - AQUATICS CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
						1 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
2 OPEN: 7 - 4 pm	3 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	4 OPEN: 5 - 6:30 am AZ: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	5 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	6 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	7 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 am - 12 pm BB: 2:30 - 3:15 pm OPEN: 3:30 - 8 pm	8 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
9 OPEN: 7 - 4 pm	10 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	11 OPEN: 5 - 6:30 am ALD: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	12 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	13 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	14 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 am - 12 pm BB: 2:30 - 3:15 pm OPEN: 3:30 - 8 pm	15 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
16 OPEN: 7 - 4 pm	17 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	18 OPEN: 5 - 6:30 am AZ: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	19 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	20 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	21 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 am - 12 pm BB: 2:30 - 3:15 pm OPEN: 3:30 - 8 pm	22 OPEN: 7 - 8 am SPLASH: 8 - 8:45 am OPEN: 8:45 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
23/30 OPEN: 7 - 4 pm	24 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	25 OPEN: 5 - 6:30 am ALD: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	26 Wellness Center closing at 7 pm OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 7 pm	27 Wellness Center is closed <i>Happy Thanksgiving</i>	28 Wellness Center closing at 4 pm OPEN: 5 am - 4 pm	29 OPEN: 7 - 8 am SPLASH: 8 - 8:45 am OPEN: 8:45 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm






**Memorial Healthcare**

Wellness Center

# NOVEMBER 2025 - AQUATICS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
<b>AAP:</b> 10:30 am - 11:30 am  <b>AT:</b> 12:30 pm - 1:30 pm	<b>AZ:</b> 6:30 am - 7:15 am (Only 11/4 & 11/18)  <b>AQUATIC LINE DANCING (ALD):</b> 6:30 am - 7:15 am (Only 11/11 & 11/25)   <b>AT:</b> 10:30 am - 11:30 am  <b>AAP:</b> 12:30 pm - 1:30 pm	<b>AAP:</b> 10:30 am - 11:30 am  <b>AT:</b> 12:30 pm - 1:30 pm	<b>AAP:</b> 12:30 pm - 1:30 pm	<b>HR:</b> 10:00 am - 10:45 am (No class 11/28)  <b>M.S. /Arthritis Aqua Group</b> 11:00 am - 12:00 pm (No class 11/28)  <b>BEACH BOOGIE (BB):</b> 2:30 pm - 3:15 pm  (No class 11/28)	<b>SPLASH:</b> 8:00 am - 8:45 am (Only 11/22 & 11/29)  <b>FS (Session 1):</b> 10:30 am - 12:00 pm  <b>FS (Session 2):</b> 12:30 pm - 2:00 pm	<b>Open Swim</b>    <b>7:00 am - 4:00 pm</b>

**OPEN SWIM VARIES DAILY, PLEASE SEE CALENDAR ON BACK FOR OPEN SWIM TIME.**

## INCLUDED IN WELLNESS CENTER MEMBERSHIP

### **AQUA TONE (AT):**

Aqua Tone is an entry-level aquatic aerobic toning class that focuses on stamina, cardio, and light strength training segments. This class will enhance flexibility and increase range of motion.

### **AQUA ZUMBA (AZ):**

Make a splash and dance your way to fitness! Aqua Zumba blends the high-energy, Latin-inspired rhythms of Zumba with the low-impact resistance of water. Easy on the joints but a serious workout for the muscles. You'll groove, splash, and laugh your way through cardio, toning, and core work, all while staying cool in the water.

### **AQUATIC LINE DANCING (ALD):**

Get ready to make waves while you dance! Aquatic Line Dancing combines the fun, rhythmic steps of traditional line dancing with the resistance and low-impact benefits of water exercise. Set to upbeat music, this class improves coordination, balance, and cardiovascular fitness — all while being gentle on the joints. Perfect for all fitness levels, no dance experience needed. Come splash, step, and smile your way to better health!

### **FAMILY SWIM (FS):**

Wellness Center Members are welcome to bring family members below the age of 14 to the Therapy Pool during designated Family Swim hours on Saturdays only. Registration to attend Family Swim is required and can be completed on the mobile app. **\*Please choose one of the two sessions\***

### **SPLASH & BURN (SPLASH):**

Included in your Wellness Center Membership, a 45-minute, high-energy aerobic class focused on endurance, resistance training, and kickboxing movements.

### **BEACH BOOGIE (BB):**

Join Julie for a dance aerobics class set to uplifting "feel good" oldies music! Enjoy a fun and effective cardio workout that will have you smiling, moving, and feeling great!

### **OPEN SWIM (OPEN):**

Varies daily. Please review daily schedule on back for open swim availability. Adult Members only. Children under the age of 14 are not permitted.

## ADDITIONAL COST AQUATIC PROGRAMS

### **ARTHRITIS AQUATIC PROGRAM (AAP):**

Classes meet Mondays and Wednesdays, and Tuesdays and Thursdays for 8 weeks. Open to members and non-members.

### **MULTIPLE SCLEROSIS (M.S.) AQUA GROUP:**

The Multiple Sclerosis Aqua Group is an aquatics program designed for individuals with M.S. This program requires approval or recommendation from a physician to participate. Open to members and non-members.

### **HYDRO RHYTHM (HR):**

Splash Splash with a little dash. This 45-minute water aerobics class is choreographed to music with easy to follow moves. Come join us for a high energy, low impact splash class. Dumbbells and water noodles are used. Make waves for fitness.