

# APRIL 2026 - AQUATICS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
<b>AAP:</b> 11:00 am - 12:00 pm  <b>AT:</b> 12:30 pm - 1:30 pm  <b>Aqua HIIT (AH):</b> 6:30 pm - 7:15 pm (Program runs 4/6 - 4/29)	<b>Aqua Circuit (AC):</b> 6:30 am - 7:15 am (Class only 4/14 & 4/28)  <b>SPLASH:</b> 6:30 am - 7:15 am (Class only 4/7 & 4/21)  <b>AT:</b> 11:15 am - 12:15 pm  <b>AAP:</b> 12:30 pm - 1:30 pm  <b>KID Fit Swim (KFS):</b> 4:00 pm - 4:30 pm (Program runs 4/7 - 4/28)	<b>AAP:</b> 11:00 am - 12:00 pm  <b>AT:</b> 12:30 pm - 1:30 pm  <b>Aqua HIIT (AH):</b> 6:30 pm - 7:15 pm (Program runs 4/6 - 4/29)	<b>AAP:</b> 12:30 pm - 1:30 pm	<b>HR:</b> 10:00 am - 10:45 am  <b>MS Aqua Group:</b> 11:00 am - 12:00 pm	<b>AZ:</b> 8:00 am - 8:45 am (Class only 4/4 & 4/18)  <b>FS (Session 1):</b> 10:30 am - 12:00 pm  <b>FS (Session 2):</b> 12:30 pm - 2:00 pm (No FS session 2 on 4/18)	<b>FS (Session 1):</b> 10:30 am - 12:00 pm (Only 4/12 & 4/26)  <b>FS (Session 2):</b> 12:30 pm - 2:00 pm (Only 4/12 & 4/26)

**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.

### **AQUA CIRCUIT (AC):**

A fast-paced, low-impact pool workout featuring timed stations that target cardio, strength, and core. Rotate through each station using water resistance for a fun, full-body workout suitable for all fitness levels.

### **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 and select Sundays 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):**

IA 45-minute, high-energy aerobic class focused on endurance, resistance training, and kickboxing movements.

### **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 AQUA GROUP (MS):**

The Multiple Sclerosis Aqua Group is an aquatics program designed for individuals with MS. 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.

### **AQUA HIIT (AH):**

Aqua HIIT is a high-intensity, low-impact 45-minute workout that challenges you without stressing your joints. Fast-paced water circuits and a Tabata finisher build strength, endurance, and full-body conditioning—keeping your heart rate up from start to finish.

### **KID FIT SWIM (KFS): \$40/member, \$48/non-member (1 month program) Limited spots!**

A movement-based swim class designed to keep kids active in the water while building confidence, endurance, and strong swim skills through simple drills and guided practice.

### **SWIM LESSONS (SL):**

Our swim lessons for young children are designed to build water confidence, teach essential safety skills, and introduce basic swimming techniques in a fun, supportive environment. With patient instructors and age-specific activities, your child will learn to feel comfortable in the water while developing coordination, listening skills, and independence. **Tuesdays and Thursdays (4/7 - 4/23)**



# APRIL 2026 - AQUATICS CALENDAR



SUN

MON

TUE

WED

THU

FRI

SAT

			1 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 9 pm	2 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm	3 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm	4 OPEN: 7 - 8 am AZ: 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
5 <b>Wellness Center is closed</b> 	6 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	7 OPEN: 5 - 6:30 am SPLASH: 6:30 - 7:15 am OPEN: 7:15 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 4 pm KFS: 4 - 4:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	8 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	9 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 5 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	10 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm	11 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
12 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	13 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	14 OPEN: 5 - 6:30 am AC: 6:30 - 7:15 am OPEN: 7:15 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 4 pm KFS: 4 - 4:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	15 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	16 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 5 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	17 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm	18 OPEN: 7 - 8 am AZ: 8 - 8:45 am OPEN: 8:45 - 10:30 am FS (session 1): 10:30 - 12 pm <b>Wellness Center closing at 2 pm</b>
19 OPEN: 7 - 4 pm	20 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	21 OPEN: 5 - 6:30 am SPLASH: 6:30 - 7:15 am OPEN: 7:15 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 4 pm KFS: 4 - 4:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	22 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	23 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 5 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	24 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm	25 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
26 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	27 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	28 OPEN: 5 - 6:30 am AC: 6:30 - 7:15 am OPEN: 7:15 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 4 pm KFS: 4 - 4:30 pm OPEN: 4:30 - 9 pm	29 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm AH: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	30 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm		



**Memorial  
Healthcare**

Wellness  
Center