



Aquatics Studio

	MON	TUES	WED	THURS	FRI	SAT	SUN																					
	LANES				LANES				LANES				LANES				LANES				LANES							
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4				
3:00AM																												
3:00AM					10am JahnAnn								10am JahnAnn				9:30am Erika											
1:00AM					11am John								11am John															
2:00PM																												
1:00PM																												
2:00PM					2:00-4:00pm Pool & Hot Tub Closed for Maintenance								2:00-4:00pm Pool & Hot Tub Closed for Maintenance								Family Swim 2-6pm Reservations Required							
3:00PM																												
4:00PM																												
5:00PM					5:30pm Sara																							
3:00PM																												
7:00PM																												
3:30PM																												
	Reservations are required for lap swimming & family swim. Call the front desk at 775.348.6666 to reserve your lane. Classes are 45-50 minutes.																											

Closed for Cleaning
 Hydro-HIIT
 Hydro-Fit
 Family Swim Time *by reservation only*
 Private Lessons
 Kids Swim Lessons
 Lap Swimming Available *By reservation only*

Aquatics Director: John Wade

Hydro-FIT

For all levels of fitness. A great class for toning, strengthening, and building a strong cardiovascular system. This class is low impact on joints and muscles.

Hydro-HIIT

The energizing class combines short burst of intense exercise followed by less intense periods of rest while incorporating cardio and resistance exercises to increase metabolism and strengthen the body. All levels and ages will benefit from this class.

Private Lessons

Private lessons are available for all ages upon request. Please inquire at the front desk.

Swim Lessons

Swim lessons are available for children ages 3 and up. Must be potty trained. Please inquire at the front desk.