



# 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	1	2	3	4
9:00AM																												
10:00AM	10am John				10am John				10am Erika				10am Suzanne				10am John				9:30am Erika							
11:00AM					11am John												11am John											
12:00PM																												
1:00PM																												
2:00PM					2:00-4:00pm												2:00-4:00pm								Family Swim 2-6pm			
3:00PM					Pool & Hot Tub Closed for Maintenance												Pool & Hot Tub Closed for Maintenance								Reservations Required			
4:00PM																												
5:00PM																												
6:00PM					5:30pm Sara												5:30pm Sara											
7:00PM																												
8:30PM																												

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**

This 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.

**Kids Swim Lessons**

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