



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
9:00AM																								
10:00AM					10:00-11:00am JahnAnn								10:00-11:00am Shellie				10:00-11:00am JahnAnn				9:30-10:30am Suzanne			
11:00AM																								
12:00PM																								
1:00PM									1:00-3:00pm Hot Tub Closed for Maintenance															
2:00PM					2:00-4:00pm Pool Closed for Maintenance								2:00-4:00pm Pool Closed for Maintenance								2-6pm Family Swim Reservations Required			
3:00PM																								
4:00PM																								
5:00PM					5:30-6:30pm Sara								5:30-6:30pm Sara											
6:00PM																								
7:00PM																								
8:30PM																								
Reservations are required for lap swimming & family swim. Call the front desk at 775.348.6666 to reserve your lane.																								

5.1.22

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

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.