

Facility Hours:
 Monday-Thursday
 5am-9pm
 Friday 5am-8pm
 Saturday 7am-8pm
 Sunday 7am-8pm



Kids Kove:
 Monday-Friday
 8am-12pm
 Monday-Friday
 4:15pm-7:45pm
 Saturday 8am -12pm

Aqua Works Exercise Schedule

September 2010 - November 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:45-7:30 AM Water Moves Betty	5:00-6:00 AM *Centre Cyclones Adult Swim Team Melissa	6:45-7:30 AM Water Moves Betty		
8:00-9:00 AM AquaZumba® Catarina	8:00-9:00 AM Water Gym Mia	8:00-9:00 AM Aqua Blast Heidi	8:00-9:00 AM Water Gym Mia	8:00-9:00 AM Water Gym Emily	8:00-9:00 AM AquaZumba® Catarina
9:15-10:00 AM Aqua Blast Catarina	9:00-10:00 AM Aqua Blast Mia	9:00-9:45 AM Water Walking Plus Heidi	9:00-10:00 AM Aqua Blast Mia	9:00-10:00 AM Aqua Blast Emily	
12:00-12:45 PM AquaAttack/ CORE Combo Edna		12:00-12:45 PM AquaAttack/ CORE Combo Edna			
	4:15-5:10 PM Aqua Attack Jen		4:15-5:10 PM Aqua Attack Jen		
		5:00 - 6:00 PM AquaZumba® Catarina			
6:00-7:00 PM Aqua Blast Advanced Hannah		6:15-7:00 PM Aqua Blast Kelly			

Ages 10-14 must have an adult with them to participate in class.

This is up to the teacher's discretion.

***Classes have an additional fee associated with them.**

All Classes are subject to cancellation due to low attendance.

If you have questions about the AquaWorks schedule please contact Heidi Vanderloop, Aquatics Director at 246-2252
 or hvanderloop@nrcentre.com