

**Facility Hours:**  
 Monday-Thursday  
 5am-10pm  
 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

November 2010 - December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>6:45-7:30 AM</b> Water Moves Betty	<b>5:00-6:00 AM</b> *Centre Cyclones Adult Swim Team Melissa	<b>6:45-7:30 AM</b> Water Moves Betty		
<b>8:00-9:00 AM</b> AquaZumba® Dana	<b>8:00-9:00 AM</b> Water Gym Mia	<b>8:00-9:00 AM</b> Aqua Blast Heidi	<b>8:00-9:00 AM</b> Water Gym Mia	<b>8:00-9:00 AM</b> Water Gym Emily	<b>8:00-9:00 AM</b> AquaZumba® Catarina
<b>9:15-10:00 AM</b> Aqua Blast Jen	<b>9:00-10:00 AM</b> Aqua Blast Mia	<b>9:00-10:00 AM</b> Water Walking Plus Heidi	<b>9:00-10:00 AM</b> Aqua Blast Mia	<b>9:00-10:00 AM</b> Aqua Blast Emily	<b>9:00-10:00 AM</b> Water Gym Catarina
<b>10:45-11:30 AM</b> SilverSplash® Heidi		<b>10:45-11:30 AM</b> SilverSplash® Heidi			
<b>12:00-12:45 PM</b> AquaAttack/ CORE Combo Edna		<b>12:00-12:45 PM</b> AquaAttack/ CORE Combo Edna			
	<b>4:15-5:10 PM</b> Aqua Attack Heidi		<b>4:15-5:10 PM</b> Aqua Attack Heidi		
		<b>5:00 - 6:00 PM</b> AquaZumba® Dana			
<b>6:00-7:00 PM</b> Aqua Blast Advanced Hannah		<b>6:15-7:00 PM</b> 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