



Arthur & Gloria
Muselman
 Wellness Pavilion

Summer Session Weeks of July 5th — September 24th

Class Schedule (Water)

***Subject to change due to participation and levels of interest.

Mon	Tue	Wed	Thu	Fri
6:00-6:45 a.m. MD Water Aerobics		6:00-6:45 a.m. MD Water Aerobics		6:00-6:45 a.m. MD Water Aerobics
8:00-8:45 a.m. AL Water Aerobics		8-8:45 a.m. SF/SC Water Aerobics		8:00-8:45 a.m. AL Water Aerobics
9:00-9:30 a.m. AL Water Walking	9:00-9:45 a.m. MN/SC Water Walking	9:00-9:30 a.m. SF Water Walking	9:00-9:45 a.m. MN/SC Water Walking	9:00-9:30 a.m. AL Water Walking/Tone
9:30-10:00 a.m. AL Arthritis H ₂ O	9:45-10:15 a.m. MN/SC Water Toning	9:30-10:00 a.m. SF Arthritis H ₂ O	9:45-10:15 a.m. MN/SC Water Toning	
10:00-11:00 a.m. <i>Adventures We Go!</i> Swimming	11:00-11:40 a.m. ***Swim Lessons July 6th—July 29th		11:00-11:40 a.m. ***Swim Lessons July 6th—July 29th	
11:00a.m-4:00pm SPA DRAINED (Mondays only)	1:00-2:00 p.m. <i>Kinder Haus</i> Swimming		1:00-2:00 p.m. <i>Kinder Haus</i> Swimming	
	6:00-6:45 p.m. AL H ₂ O Boxing		6:00-6:45 p.m. AL H ₂ O Boxing	
	7:00-8:00 p.m. DS Advanced Water Aerobics		7:00-8:00 p.m. DS Advanced Water Aerobics	

Instructors: MD = Margie Dobler SF = Stacy Ford MN = Marie Nussbaum AL = Alison Lipina DS = Donna Stout SC = Sarah Conrad

Child Watch Hours Available Mon, Wed, Fri 10am—12pm

Note: Classes with *** are available for an additional fee.

Pool will be **CLOSED** for open family swim during swim lessons; 1 lap lane will remain open for lap swim.