

2-19 to 3-18, 2024

Swim Team | Classes & Lessons

Aqua classes: Join a variety of instructors in the Lap Pool for toning, cardio, and balance. Classic aerobic style, Tabata, or HIIT style classes. Aqua Combo, M,W,F Primarily Stationary. Aqua Fit, Tu,Th more movement. Aqua Boot camp Tu,Th lots of movement and deep end work.