



STURGEON BAY PROGRAM CENTER WATER FITNESS SCHEDULE

September 5th through October 29th

* Schedules are subject to change based on class enrollment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-7:30am Master Swim Comp Pool	7:30am-8:15am Water Walkers Rec Pool	5:30am-6:15am Over Your Head Comp Pool	7:30am-8:15am Water Walkers Rec Pool	5:30am-6:15am Over Your Head Comp Pool	8:00am-9:30am Master Swim Comp Pool
7:30am-8:15am Water Walkers Rec Pool	7:45am-8:30am Over Your Head Comp Pool	6:15am-7:45am Master Swim Comp Pool	7:45am-8:30am Over Your Head Comp Pool	7:30am-8:15am Water Walkers Rec Pool	
8:00am-8:45am AquaLite Comp Pool	8:45am-9:30am AquaLite Comp Pool	7:30am-8:15am Water Walkers Rec Pool	8:45am-9:30am AquaLite Comp Pool	8:00am-8:45am AquaLite Comp Pool	
8:30am-9:15am Twinges in the Hinges Rec Pool		8:00am-8:45am AquaLite Comp Pool		8:30am-9:15am Twinges in the Hinges Rec Pool	
8:50am-9:35am AquaLite Comp Pool		8:30am-9:15am Twinges in the Hinges Rec Pool		8:50am-9:35am AquaLite Comp Pool	
10:30am-11:15am Twinges in the Hinges Rec Pool		8:50am-9:35am AquaLite Comp Pool		10:30am-11:15am Twinges in the Hinges Rec Pool	
12:00pm-1:00pm Water Walkers Rec Pool		10:30am-11:15am Twinges in the Hinges Rec Pool		6:30pm-8:00pm Underwater Hockey Comp Pool	
		12:00pm-1:00pm Water Walkers Rec Pool		<p style="text-align: center;">Drop-In Class Key</p> <p>● \$3.00 Drop In Fee</p> <p>● \$5.00 Drop In Fee</p> <p>All other classes are FREE.</p> <p>General Public Pays: Drop-in Fee + Daily fee</p>	