

August 18th, 2025 - August 24th, 2025

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lap Swim	7:00AM– 5:30PM	8:00AM - 5:30PM	5:00AM– 3:30PM 5:30PM - 7:30PM	5:00AM– 3:30PM 5:30PM - 7:30PM	5:00AM– 3:30PM 5:30PM - 7:30PM	5:00AM– 3:30PM 5:30PM - 7:30PM	5:00AM-3:30PM 5:30PM-7:30PM
Swim Teams			Farmington High School 3:30PM-5:30PM	Farmington High School 3:30PM-5:30PM	Farmington High School 3:30PM-5:30PM	Farmington High School 3:30PM-5:30PM	Farmington High School 3:30PM-5:30PM

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Water Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Dynamics 8:30 - 9:30 AM		Aqua Dynamics 8:30 - 9:30 AM		
	Silver Sneakers Splash 9:30- 10:30 AM		Silver Sneakers Splash 9:30 - 10:30AM		
Aqua Fit 6:30 - 7:30 PM					

Aqua Dynamics - Fun, Fast paced, full body workout. Music is cranked up to motivate and keep the pace up to ensure a great cardiovascular workout. Use of water bells and noodles help kick up the resistance for best results.

Silver Sneakers Splash - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Aqua Fit -Tone and sculpt your body with little to no impact to your joints. This popular water workout is a blend of cardio and resistance training , and may incorporate resistance tools such as buoyant water weights and noodles.