



Natatorium 2016 Jan-May

(817) 685-1666
*300 W Midway

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritic Aerobics 8-8:45a	Water Toning 8-8:45a	Arthritic Aerobics 8-8:45a	Water Toning 8-8:45a	Arthritic Aerobics 8-8:45a		
Water Conditioning 8:50-9:35a	Hydro-Resistance 8:50-9:35a	Water Conditioning 8:50-9:35a	Hydro-Resistance 8:50-9:35a	Water Conditioning 8:50-9:35a	Tabata 101 9-9:45a	
Aqua Agility 9:35-10:25a	Cardio by Aqua 9:35-10:25a	Aqua Agility 9:35-10:25a	Cardio by Aqua 9:35-10:25a	Aqua Agility 9:35-10:25a	Power Tabata 9:50-10:20a	
Adult Only Swim 10:30-12:20p	Adult Only Swim 10:30-12:20p	Adult Only Swim 10:30-12:20p	Adult Only Swim 10:30-12:20p	Adult Only Swim 10:30-12:20p	Open Swim 10:30a-3:30p	Open Swim Noon-3:30p
Open Swim 12:30- 5P	Open Swim 12:30- 5P	Open Swim 12:30- 5P	Open Swim 12:30- 5P	Open Swim 12:30- 5P		Rentals 3:30-5:30
LTS 5:30-6	Aqua Fitness 5-6pm	LTS 5:30-6	Aqua Fitness 5-6pm	Aqua Fit Kids 5-6pm		
LTS 6:10-6:40		LTS 6:10-6:40				
LTS 6:50-7:20	Splash Zumba 6-7pm	LTS 6:50-7:20	Aqua Cross Training 6-7pm			
Open Swim 7:30-8:30pm		Open Swim 7:30-8:30pm		Open Swim 7:10-8:30pm		

*LTS=Lean to Swim

Pool Rentals: Call 817-685-1649
Staff training is conducted during open swim times
Adult only swim= Must be at least 15 years old to swim