



AQUA FITNESS SCHEDULE Winter 2023

Reservations are required for all classes. Reservations can be made online or at the front desk, up to 48 hours in advance. Participants can reserve a spot in the 8:30am Water Stretch, in addition to a 9, 10am. At this time, members are not able to reserve back to back 9, 10am classes.

THE PA COPE POOL WILL BE CLOSED 8:00-8:20AM TO SETUP THE POOL SAFELY. POOL ACCESS FOR WATER STRETCH WILL BEGIN AT 8:20AM.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:00am Water Stretch Natalie	8:30-9:00am Water Stretch Gio	8:30-9:00am Water Stretch Heather	8:30-9:00am Water Stretch Heather	8:30-9:00am Water Stretch Gio	
9:05-9:50am Pa Cope Natalie	9:05-9:50am Pa Cope Gio	9:05-9:50am Pa Cope Heather	9:05-9:50am Pa Cope Heather	9:05-9:50am Pa Cope Gio	
10:05-10:50am Brookside Natalie	10:05-10:50am Brookside Barbara	10:05-10:50am Brookside Valerie	10:05-10:50am Brookside Heather	10:05-10:50am Brookside Barbara	10:05-10:50am Brookside Barbara
11:05-11:50am Pa Cope *RYE HANDICAP Natalie				11:05-11:50am Pa Cope *RYE HANDICAP Valerie	

***Must be a participant of the Rye Handicap group to attend**

Please make sure to arrive on time to limit class disruptions. Have all equipment setup before class. Kindly put all equipment away after class. We appreciate your help ensuring that our pool deck is clean and clear.

As a courtesy to members and instructors, we ask that you please refrain from speaking during classes. If you're entering the pool after class has started, kindly do so quietly.

Please inform instructor of any injuries or limitations that you may have. Please, if possible stay for the entire class to ensure proper cool down and stretch and limiting class disruptions.