

Elk Grove Aquatics Center

S1: January 11 - January 23

Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

S2: January 25 - February 6

Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

S3: February 8 - February 20

Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Jenny S	Heidi K	Jennifer T	Terri L	Stephanie R	Kim M	Kristi M
	Christina D	CSD Staff				

S4: February 22 - March 6						
Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

S5: March 8 - March 20						
Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

S6: March 22 - April 3						
Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a						
9:00a	Aqua Spin	Deep Water	Aqua Spin	Deep Water		
10:00a	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Aqua Stretch	
4:30p						
5:30p	Aqua Spin	Aqua Spin	Aqua Spin	Aqua Spin		
6:30p	Aqua Spin	Shallow Water	Aqua Spin	Shallow Water		

Jenny S	Heidi K	Jennifer T	Terri L	Stephanie R	Kim M	Kristi M
	Christina D	CSD Staff				