

# Hours Of Operation

**Monday-Friday**  
7:00 AM – 8:30 PM  
**Saturday**  
8:00 AM – 5:30 PM  
**Sunday**  
1:00 PM – 5:30 PM



## S.E.A.L.S. SWIM LESSONS

Monday-Thursday PM  
4:20 PM – 7:30 PM  
**TUESDAY &  
THURSDAY AM**  
9:00 AM – 12:30 PM

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 SWIM TEAM PRACTICE	3 SWIM TEAM PRACTICE	4 Happy July 4th 	5 SWIM TEAM PRACTICE	6 SWIM TEAM PRACTICE SUMMER CAMP 1:30PM-4:30PM	7 SWIM TEAM PRACTICE
8 	9 SWIM TEAM PRACTICE S.E.A.L.S	10 SWIM TEAM PRACTICE S.E.A.L.S	11 SWIM TEAM PRACTICE S.E.A.L.S	12 SWIM TEAM PRACTICE S.E.A.L.S	13 SWIM TEAM PRACTICE SUMMER CAMP 1:30PM-4:30PM	14 SWIM TEAM PRACTICE
15 	16 SWIM TEAM PRACTICE S.E.A.L.S	17 SWIM TEAM PRACTICE S.E.A.L.S	18 SWIM TEAM PRACTICE S.E.A.L.S	19 SWIM TEAM PRACTICE S.E.A.L.S	20 SWIM TEAM PRACTICE SUMMER CAMP 1:30PM-4:30PM	21 SWIM TEAM PRACTICE
22 	23 SWIM TEAM PRACTICE S.E.A.L.S	24 <b>VOTING</b> SWIM TEAM PRACTICE S.E.A.L.S	25 SWIM TEAM PRACTICE S.E.A.L.S	26 SWIM TEAM PRACTICE S.E.A.L.S	27 SWIM TEAM PRACTICE SUMMER CAMP 1:30PM-4:30PM	28 SWIM TEAM PRACTICE
29 	30 SWIM TEAM PRACTICE <b>Regular Hours Resume</b>	31 SWIM TEAM PRACTICE	<p><b>Stingrays Swim Team Practice</b> Monday , Tuesday ,Wednesday Thursday 9:00-11:00 AM Saturday 8:00 - 11:00 AM Monday, Tuesday, Wednesday, &amp; Friday 5:30 PM-7:30PM</p>			

**Pool Space is limited during programs**



**"STINGREYS" MASTERS SWIM: MON, TUES, WED & FRI PM 630PM-730, SAT: 8-9AM**

# **Boundary Waters Aquatic Center Fitness Schedule JULY 2018**

Please check [pamelabennettfitness.com](http://pamelabennettfitness.com) for Aqua Zumba class cancellations



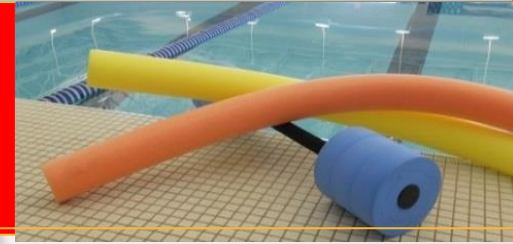
## ***H2O FIT Instructor: Julianca Gorski***

9:45 A.M.-11:00 A.M. Monday, Wednesday, & Friday  
9:45 A.M. Warm -up, Class 10:00 A.M. to 11:00 A.M.  
\$6 Water Aerobics for everyone!

Strength & Toning- MON. Abs Lab- TUES. Cardio Fit-WED.

## ***Instructor: Dana Wester***

6:00 pm \$4 /age 55+ \$3



## ***AQUA ZUMBA INSTRUCTOR: PAMELA BENNETT***

Monday at 7:30 P.M.

Saturdays at 9:30 A.M.

\$8.00 per class or \$50.00 for punch card  
(8 classes) \*No replacement Cards\*

## ***Body By U Fitness***

### Monday

Dancersize Line Dancing  
6:00 PM to 8:00 PM

### Tuesday

Chair Dancing 6:00PM  
Tums Bums & Legs 7:00 PM

### Thursday

Fit Body Shaping 6:00PM  
Boot Camp Extreme 7:00PM

### Saturday

Fit Family Boot Camp  
9:00AM-11:00AM



**\$7.00 per class \$25.00 monthly Website: [bodybyu.fitness](http://bodybyu.fitness)**