

HOURS OF OPERATION

Monday-Friday:

8AM-8:30PM

Saturday:

8AM-5:30PM

Sunday: Closed

Phone Number:

770-489-2175

2019

FEBRUARY



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

Stingrays Swim Team Practice

Mon, Tue, Thurs & Friday: 5AM-6:30AM

Mon, Tue, Wed, & Friday:

5:30PM to 8:30PM

Saturdays: 8AM-11AM



2019

S.E.A.L.S REGISTRATION
SATURDAY FEBRUARY 2ND
 9AM-12PM
DC RESIDENTS ONLY

1 SWIM TEAM PRACTICE

2 Groundhog Day SWIM TEAM PRACTICE

3 **CLOSED**

4 SWIM TEAM PRACTICE

5 SWIM TEAM PRACTICE

6 SWIM TEAM PRACTICE

7 SWIM TEAM PRACTICE
 Non-Resident SEALS Registration

8 SWIM TEAM PRACTICE

9 SWIM TEAM PRACTICE

10 **CLOSED**

11 SWIM TEAM PRACTICE

12-13 **POOL CLOSED FOR MAINTENANCE**
 Cardio Room & Land Classes Available

14 Valentine's Day SWIM TEAM PRACTICE

15 SWIM TEAM PRACTICE

16 SWIM TEAM PRACTICE

17 **CLOSED**

18 Presidents' Day SWIM TEAM PRACTICE

19 SWIM TEAM PRACTICE

20 SWIM TEAM PRACTICE

21 SWIM TEAM PRACTICE

22 SWIM TEAM PRACTICE

23 SWIM TEAM PRACTICE

24 **CLOSED**

25 SWIM TEAM PRACTICE

26 SWIM TEAM PRACTICE

27 SWIM TEAM PRACTICE

28 SWIM TEAM PRACTICE

Sea-Dragons
Special Olympics Swim Team
 Tuesday and Thursday :
 3:30PM to 4:30PM



FEBRUARY



PAMELA BENNETT FITNESS
Nutrition | Weight Loss
RESULTS



Session 1: Ends February 9th, 2019

Session 2: February 18th-March 23rd, 2019

Registration: February 4th-February 16th, 2019

Late Registration: February 18th-23rd, 2019

Session Cost: \$55.00 or \$10 Drop in Fee

Days and Times: Monday: 7:30pm & Saturday: 9:30am

WATER AEROBICS with DANA WESTER

Monday: Strength & Toning - Tuesday: Abs Lab

Wednesday: Cardio Fit

All Classes at 6:00 P.M. No Class Feb 4-6th

\$4.00 per class / \$3.00 per class for 55+

H2O FIT with JULIANCA GORSKI

Monday, Wednesday, and Friday's

9:45 A.M. to 11:00 A.M.

\$6.00 per class



with SHER HARRIS

Monday

Line Dancing: 6pm-8pm

Tuesday

Zumba: 9am-10:30am

Ball & Chair Aerobics:

6-7pm

Tums, Bums, & Legs:

7-8pm

Thursday

Zumba: 9am-10:30am

Basic Boot Camp: 6-7pm

Battle Rope Boot Camp:

7-8pm

Saturday

Zumba: 9:30am-11am

Cost Per Class: \$7.00 each

Monthly Cost: \$25.00

