



*Clara R. McKenna Aquatic Center
 111 Western Avenue
 Antigo, Wisconsin 54409
 (715) 627-0497*

July 3-July 8, 2017

Aerobics, Ai-Chi, Arthritis, H2O Cardio, SWET

| <u>Monday, July 3</u> | <u>Tuesday, July 4</u> | <u>Wednesday, July 5</u> | <u>Thursday, July 6</u> | <u>Friday, July 7</u> | <u>Saturday, July 8</u> |
|--|--|---|---|--|--|
| | Aerobics-Warm Pool 7:20am-8:20am | | Aerobics-Warm Pool 7:20am-8:20am | | |
| H-I Aerobics-Lap Pool 7:30am-8:30am | H-I Aerobics-Lap Pool 7:30am-8:30am | L-I Aerobics-Lap Pool 7:30am-8:30am | H-I Aerobics-Lap Pool 7:30am-8:30am | L-I Aerobics-Lap Pool 7:30am-8:30am | Aerobics-Lap Pool 8:00am-8:45am (July 15, 29) |
| Ai-Chi-Warm Pool 7:45am-8:45am | | Arthritis Plus-Warm Pool 8:00am-9:00am | | | H2O Cardio-Lap Pool 8:00am-8:45am (July 8, 22) |
| H2O Cardio-Lap Pool 9:00am-9:45am | Arthritis-Warm Pool 9:00am-10:00am | H2O Cardio-Lap Pool 9:00am-9:45am | Arthritis-Warm Pool 9:00am-10:00am | | Arthritis-Warm Pool 9:00am-10:00am (July 29) |
| | L-I Aerobics-Lap Pool 10:00am-11:00am | | L-I Aerobics-Lap Pool 10:00am-11:00am | | Ai Chi-Warm Pool 9:00am-10:00am (July 8, 22) |
| | Ai-Chi-Warm Pool 11:00am-12:00pm | | Ai-Chi-Warm Pool 11:00am-12:00pm | | |
| H2O Cardio-Lap Pool 5:30pm-6:15pm | | H2O Cardio-Lap Pool 5:30pm-6:15pm | | | |

| | <u>Individual Classes</u> | <u>Prepaid -7 Classes</u> |
|--------------------------|---------------------------|---------------------------|
| Adult Member | \$4 | \$21 |
| Adult Nonmember | \$6 | \$35 |
| Senior/Student Member | \$3 | \$14 |
| Senior/Student Nonmember | \$4 | \$21 |