

GreatPLAY-Pool & Land Classes

1936 NW Tyler Street (785) 233-9815

POOL OPENS AT 5:30am*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	AquaFIT 8:00a-9:00a Shallow End (Alice)		AquaFIT 8:00a-9:00a Shallow End (Alice)		AquaFIT 8:00a-9:00a Shallow End (Alice)	Water Walking 8:30a-9:30a Deep End (Sally)
	Deep Water Workout 9:30a-10:30a Deep End (Donna) (Donna)		Deep Water Workout 9:30a-10:30a Deep End (Donna) (Donna)		Deep Water Workout 9:30a-10:30a Deep End (Donna) (Donna)	
Lunch hour		AquaFIT 11:00a-12:00noon Shallow End (Glennis)		AquaFIT 11:00a-12:00noon Shallow End (Glennis)		
Evening	Seaman Swim Practice 3:30p-5:00p Lap Lanes Sept - May	Seaman Swim Practice 3:30p-5:00p Lap Lanes Sept - May	Seaman Swim Practice 3:30p-5:00p Lap Lanes Sept - May	Seaman Swim Practice 3:30p-5:00p Lap Lanes Sept - May	Seaman Swim Practice 3:30p-5:00p Lap Lanes Sept - May	
	AquaFIT 5:30p-6:30p Shallow End (Sally)	Deep Water Workout 5:30p-6:30p Deep End (Sally)	AquaFIT 5:30p-6:30p Shallow End (Sally)	AquaHIIT 5:30p-6:30p Shallow End (Sally)	<p>Group Exercise Schedules are online at www.greatlifegolf.com/-fitness-classes</p>	

POOL CLOSSES AT 7:30pm