Roseville Health & Wellness Center

Aquatic Schedule

1650 Lead Hill Blvd.
Roseville, CA 95661
(916) 677-1200

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed	Closed
7:00am	↓	↓	↓	↓	↓	Open Lanes	Open Lanes
8:30am	**Senior/Aqua Fit Kori** 45min	**Deep Water Heather 45min**	↓	**Senior/Aqua Fit Heather 45min**	**Aqua Fit Kori 45min**	**Aqua Fit Elaine 45min**	↓
9:30am	**PT Rehab**	**Senior/Aqua Fit Kori45min**	**PT Rehab**	**Senior/Aqua Fit Kori 45min**	**PT Rehab**	**Aqua Fit Elaine 45min**	↓
10:15am	↓	**PT Rehab**	↓	**PT Rehab**	↓	Open Lanes	↓
10:30am	↓	↓	↓	↓	↓	↓	↓
11:00am	↓	↓	↓	↓	↓	Family Swim	Family Swim
12:45pm	↓	**Arthritis Basic/Plus Marie 45 min Arthritis Certified**	↓	**Arthritis Basic/Plus Marie 45 min Arthritis Certified**	↓	↓	↓
1:45pm	**Joint Effort Marie 45min**	**Aqua Pilates Marie 45min Arthritis Certified**	**Joint Effort Marie 45min**	**Aqua Pilates Marie 45min Arthritis Certified**	Open Lanes	↓	↓
2:00pm					↓	Open Lanes	Open Lanes
2:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	↓	↓	↓
3:00pm	↓	**PT Rehab**	↓	**PT Rehab**	↓	↓	↓
5:00pm	↓	Open Lanes	↓	Open Lanes	↓	↓	↓
5:30pm	**Aqua Fit Elaine 45min**	**Aqua Fit & Moms in Motion Deb 45min**	**Aqua Fit Deb 45min**	**Aqua Fit & Moms in Motion Deb 45min**	↓	Closed	Closed
6:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	↓	↓	↓
10:00pm	Closed	Closed	Closed	Closed	Closed	↓	↓