

Program Schedule for Sept. 6 - Sept 30, 2022

** All classes are subject to change due to availability of instructor** (updated monthly)

Monday

Let's Dance (no class Sept 5)	8-8:45am	EP Pool	Aubre
Boga Fit (no class Sept 5)	9-9:45am	Comp Pool	Lisa

Tuesday

Water Works	7:30-8:15am	EP Pool	Beth
YOGA for Stretch and Strength	8:45-9:45am	BancorpSouth RM	Deepika
Chair Yoga (no mat)	10-11:00am	BancorpSouth RM	Deepika

Wednesday

Water Works	7:30-8:15am	EP Pool	Beth
N2 Deep	8:30-9:15	Comp Pool	Lisa
Restorative and Vinyasa	10-11:00 am	BancorpSouth Rm	Mel
Autistic Children	4-5pm	EP Pool	

Thursday

Water Mania	8-8:45am	EP Pool	Lisa
Boga Fit	9-9:45am	Comp Pool	Lisa
POWER Yoga (No class Sept 8)	8:45-9:45am	BancorpSouth RM	Deepika

Friday

Water Works	7:30-8:15am	EP Pool	Beth
Volley Ball (not available Sept. 30)	8:30-9:15am	EP Pool	
Restorative and Vinyasa (no class Sept 9)	10-11am	BancorpSouth RM	Mel
Splish Splash	12-1:00pm	EP Pool	

Descriptions of Classes:

Let's Dance: Dancing in the water while getting a full body workout. Let's have a good time!

Water Works: Low to medium impact. Flexibility while strengthening muscles.

BOGA Fit: Pre-register to reserve your mat. Class is cardio based with strength, Pilates, balance and coordination.

N2 Deep: No impact, high cardio, coordination.

Water Mania- High cardio, strengthening muscles, burning fat!

Yoga for Strength and Flexibility will help you regain/retain your strength while achieving flexibility. Bring a mat.

Chair Yoga will help you regain strength and flexibility while in a chair. Not on floor so no mat required.

POWER Yoga-Dynamic version of traditional yoga. More cardio while focusing on strength and flexibility. Bring a mat.

Restorative and Vinyasa-Restoring flexibility as part of long-term wellbeing. Bring a mat.

Volley Ball-group of patrons playing Volley Ball during allotted time. Open to anyone.

Splish Splash: age 5 and under along with an adult age 18 yrs. or older. One child per one adult.

Autistic Children: age 12 and under along with an adult age 18 yrs. or older. One adult must be in water with child.

Tupelo High School
Swim Meet Schedule
Tuesday, Sept. 6
2-7pm
Tuesday, Sept. 27
2-7pm
1-8 lanes in North Comp Pool
0-9 lanes in South Comp pool

Lane 10 available for Lap swimmers in South Comp Pool.

Closed Monday, Sept. 5
for Labor Day!

Little Ripples
return Sept. 26-30!

This is Tupelo Aquatic Center's 'Learn to Swim' Program for the 1st and 2nd graders. Little Ripples will be in the EP Pool from 8:30-10:45.

Splish Splash
returns Sept. 2.
Fridays only 12-1pm

Age 5 yrs. and younger along with an adult that is 18 yrs. or older. One child per one adult. Adult must be in water. \$5.00 per person or Splash Pass Member. Only the EP Pool is available!

Autistic Children
Wednesdays only 4-5pm.

12 yrs. and younger along with an adult that is 18 yrs. or older. One child per one adult. Adult must be in water with child. \$5.00 per person or Splash Pass member. Only the EP Pool is available.