**Monday**

**Water Mania 7:30-8:15am**  **EP Pool Lisa**

**Boga Fit 8:30-9:15am Comp Pool Lisa**

**Tuesday**

**Water Works 7:30-8:15am EP Pool Beth**

**N2 Deep 8:30-9:15am Comp Pool Lisa**

**YOGA for Stretch and Strength 8:30-9:30** **am Cadence Bank RM Diana**

**Chair Pilates (no mat) 9:45-10:30am Cadence Bank RM Diana**

**Wednesday**

**Water Works 7:30-8:15am EP Pool Beth**

**Aqua Pilates (on BOGA Mats) 7:30-8:30am Comp Pool Diana**

**Chair Yoga (no mat) 8:45-9:30am Cadence Bank RM Diana Thursday**

**Water Mania 7:30-8:15am EP Pool Lisa**

**BOGA Fit 8:30-9:15am Comp Pool Lisa**

**Yoga for Strength and Stretch 8:30-9:30am Cadence Bank RM Diana**

**Friday**

**Dance Waves (no class March 29) 7:30-8:15am EP Pool Diana**

**Volley Ball (not available March 8 and 29) 8:30-9:15am EP Pool**

**Chair Yoga (no mat) (no class March 29) 8:45-9:30am Cadence Bank RM Diana**

**Splish Splash (not available March 15 and 29) 12-1:00pm EP Pool**

**Descriptions of Classes:**

**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.**

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

**N2 Deep: No impact, high cardio, coordination**

**Aqua Pilates: Pre-register to reserve your BOGA mat. Strengthens your deep core and back, improves balance. No Cardio.**

**Dance Waves: Twist, slide, hustle and cha-cha to some of your favorite tunes. Fun Friday!**

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

**Chair Pilates- Adding Pilates to your Chair Yoga moves.**

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

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

***Splish Splash:* ages 5 and under along with an adult age 18 yrs. or older. One child per an adult in water.**

**Little Ripples**

**(TPSD 1st Graders)**

**8:30-10:45am in the EP Pool**

**Parkway March 4-8**

**Closures**

**March 29-31 for Easter**

**Reopen, Monday, April 1 @ 5:30am**

**Long Course Season**

**Comp Pool March 15**

**Watch for available lane usage!**

**Shockwave Aquatic Team**

**March 4-14, 2024**

**North Comp Pool Lanes 1-8**

**Mon., and Thurs. 5:30-6:30am**

**Mon., Tues. and Thurs. 3:45-5:30pm**

**Wed. and Fri. 3:45-5:15pm**

**South Comp Pool Lanes 0-6**

**Mon., Tues and Thurs. 3:15-5:30pm**

**Wed. and Fri. 3:15-5:15pm**

**Lanes 7-10 in the South Comp Pool available for TAC Lap Swimmers during Shockwave’s practice time.**

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**TAC Hours of Operation**

**(excludes meets, special events and**

**holidays)**

**Mon., Tues. and Thurs.@ 5:30am-6:30pm**

**Wed. and Fri. @ 6am-5:30pm**

**Sat. @8:00am-5:00pm**

**Sun. @ 1:00pm-5pm**

**Fun and Family Recreational Swim**

**Spring Break Week (March 11-15) 1:00-5pm**

**Group Lessons (March 11-14) 11-12:30pm**

**Area High School Teams**

**March 4-8, 2024**

**THS Monday thru Friday 2-3:15**

**North Comp Pool Lanes 1-8**

**Saltillo Tuesday and Thursday 1:30-3**

**South Comp Pool Lanes 4-6**