



# Water Fitness Schedule As of April 13, 2026

Please visit our website for a complete list of fees, program descriptions, rules, and other important facility information. Online registration is available and recommended.

TIME	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8 a.m.	Deep Water (CP) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.		Deep Water (CP) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.	Shallow Fit (RP) 7:50-8:50 a.m.	
8-9 a.m.	Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.		Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.		
9-10 a.m.								
11 - noon	Shallow Fit (RP) 11- 11:50 a.m.		Deep Water (CP) 11-11:50 a.m.	Shallow Fit (RP) 11-11:50 a.m.		Shallow Fit (RP) 11- 11:50 a.m.		
Noon - 1 p.m.		Cardio Yoga (RP) noon- 12:50 p.m.			Cardio Yoga (RP) noon- 12:50 p.m.			
7 - 8 p.m.	Shallow Fit (RP)		Shallow Fit (RP)					

**CARDIO YOGA - Class is held in the Recreation Pool and is a video-led class (RP)**

This class is a fusion of cardio training followed by aqua yoga moves bringing you added balance, flexibility and strength.

**DEEP WATER - Class is held in the Competition Pool (CP)**

This non-impact deep water class incorporates muscular strengthening for both upper and lower body, aerobics conditioning and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. A great full body workout! Participants should be comfortable in deep water.

**SHALLOW FIT- Class is held in the Recreation Pool (RP)**

Total body shallow water workout! Lose fat, build endurance, build muscle, and have fun!

 [516 Maple Avenue, Snohomish, WA 98290 / 360.568.8030 / www.snohomishaquatic.com](https://www.snohomishaquatic.com)

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, ethnicity, creed, religion, color, national origin, immigration or citizenship status, age, veteran or military status, sexual orientation, gender expression, gender identity, homelessness, disability, neurodivergence, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination, and all are located at 1601 Avenue D, Snohomish, WA 98290: Civil Rights Coordinator and Title IX Coordinator – Darryl Pernat, 360-563- 7285, [darryl.pernat@sno.wednet.edu](mailto:darryl.pernat@sno.wednet.edu); Student ADA and Section 504 Coordinator - Wendy McCulloch, 360-563-7308, [wendy.mcculloch@sno.wednet.edu](mailto:wendy.mcculloch@sno.wednet.edu); Applicant and Employee ADA Coordinator – Shantel Strandt, 360-563-7229; [shantel.strandt@sno.wednet.edu](mailto:shantel.strandt@sno.wednet.edu); and Harassment, Intimidation and Bullying Coordinator – Jennifer Harlan, 360-563-7282, [jennifer.harlan@sno.wednet.edu](mailto:jennifer.harlan@sno.wednet.edu).