



57121 Sunnyslope Dr., Yucca Valley  
(760) 365-9661

# POOL SCHEDULE

*February* 2024

Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Wanda Stadum 	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Kathy Dougan	7 AM <i>Advanced Aerobics</i> Wanda Stadum 	7 AM <i>Advanced Aerobics</i> Wanda Stadum
8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan
9 AM <i>Yoga in the Water</i> Kathy Dougan	9 AM <i>Aerobics for All</i> Kari Smith	9 AM <i>Active Warm Water</i> Scot McKone	9 AM <i>Active Warm Water</i> Kathy Dougan	9 AM <i>Yoga in the Water</i> Kathy Dougan
<b>10 AM</b> <b><i>Grunge &amp; Rock &amp; roll</i></b> <b>Kathryn Hilton</b>	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Basic Warm Water</i> Kathy Breslin 	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Basic Warm Water</i> Kathy Breslin
11 AM <i>Disco Aerobics</i> Tommy Dodson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Intro to Aerobics</i> Donna Tomlinson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Active Warm Water</i> Donna Tomlinson
12 PM  <i>Aqua Yoga</i> Neysa Griffith/GEM	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 – 1:30 PM <i>Aqua Yoga</i> Neysa Griffith/GEM	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM  No Class
1 PM <i>Active Warm Water</i> Terri Medford	1 PM <i>Aerobics for All</i> Kari Smith	1:30 <i>Volleyball for Fun</i> Karen Ford	1 PM <i>Disco Aerobics</i> Tommy Dodson	1:00 PM <i>Active Warm Water</i> Terri Medford
	6:00-8:00 PM <i>Active Adult Volleyball</i> Michal Brock			<b>6:00-8:00 PM</b> <i>Active Adult Volleyball</i> Michal Brock
		<i>Happy Valentine's Day!</i> 		
<b>NEW CLASS &amp; CHANGES</b>		<b>OUR HOURS ARE MON-FRI 8am to 2:30pm</b>		
				

**\*\*Schedule is subject to change\*\***