



SAW MILL CLUB

Water Exercise Schedule Effective 6/26/26

Private swim lessons are designed to meet the swimmers individual needs and goals. Whether for one lesson, to touch up on a skill or a series of lessons to master a new skill, private lessons can be conveniently scheduled to match your availability. From children to adults, our instructors are happy to work with all skills and ability levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00–10:00PM Water Aerobics <i>Sara</i>						
	9:30–10:30AM Aqua Strength <i>Sara</i>	9:30–10:30AM Aqua Intervals <i>Cyndie</i>				10:00–11:00AM Aqua Intervals <i>Cyndie</i>
			11:00–12:00PM Aqua Fit <i>Danielle</i>			
2:00–3:00PM Aqua Intervals <i>Genoeffa</i>	2:00–3:00PM Aqua Endurance <i>Cyndie</i>	2:00–3:00PM Aqua Zumba <i>Bernadette</i>	2:00–3:00PM Aqua Intervals <i>Amy</i>	2:00–3:00PM Aqua Strength <i>Genoeffa</i>		
	6:00–7:00PM Aqua Cardio <i>Cyndie</i>		6:00–7:00PM Aqua Strength <i>Cyndie</i>		4:00–5:00PM Water Exercise <i>Genoeffa</i>	

For further information, contact
Genesis SMC Aquatics Coordinator, Zack Zavras
zack.zavras@genesishealthclubs.com

914-621-8646



Please note classes
are subject to change
in bad weather due
to camp needing to
move inside.