



# Aquatics Schedule

# Small Pool

# June 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<b>Adult Only Swim</b> 5:00 - 7:00				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> 7:00 - 8:00					
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> 12:00 - 1:00					
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM	Aqua-Tone w/Linda 8:40 - 9:40		Aqua-Tone w/Linda 8:40 - 9:40		Aqua-Fit w/Teresa 8:40 - 9:40	
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM	Therapeutic Aqua-Tone w/Gloria 10:00 - 11:00		Therapeutic Aqua-Tone w/Gloria 10:00 - 11:00		Therapeutic Aqua-Tone w/Gloria 10:00 - 11:00	
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM	<b>SWIM LESSONS</b> Parent & Tot, Preschool~through~Level 4 Next Sessions: June 19th ~ 29th July 10th ~ 20th Sign up at Our Front Desk!					
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM	Swim Lessons 3:45 - 4:30	Swim Lessons 3:45 - 4:30	Swim Lessons 3:45 - 4:30	Swim Lessons 3:45 - 4:30		Closed
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM	Swim Lessons Parent & Tot 5:30 - 6:00		Swim Lessons Parent & Tot 5:30 - 6:00	Swim Lessons Parent & Tot 5:30 - 6:00		
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						<b>Pool Hours of Operations</b> Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:45 PM						

**Please Note:**

**Adult Swim**  
Reserved for participants ages 18 and older.

**Self Guided Therapy**  
This time slot is intended for participants of any age, needing to perform personal therapeutic exercises.

**Aqua-Tone**  
Move to fun music with a low-impact, high energy exercise blending dance moves in the water to create natural resistance. Results in less impact on your joints. Core toning combined with muscle strengthening exercises help you have a fun total-body routine.

**Therapeutic Aqua-Tone**  
This class is ideal for people just finishing rehab for surgeries of ankle, knee, shoulder, and hip injury/replacements. Class includes therapeutic stretching and exercise while incorporating 20 minutes of cardio.

OPEN SWIM