



Aquatics Schedule

Small Pool

2017 September

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	Adult Only Swim 5:00-7:00					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM		Self-Guided Therapy & Swim Lessons 7:00-8:00					
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM		O P E N S W I M	Self-Guided Therapy & Swim Lessons 12:00-1:00				
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 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	
9:15 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	<p>SWIM LESSONS Parent & Tot, Preschool~through~Level 4 Next Sessions: September 11th ~ 21st October 2nd ~ 12th Sign up at Our Front Desk!</p>						
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
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		Swim Lessons Parent & Tot	Swim Lessons Parent & Tot			
5:45 PM	5:30-6:00		5:30-6:00	5:30-6:00			
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM					Pool Hours of Operations 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							
8:30 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.

Pool Hours of Operations
 Sun 9am-5:45 pm
 Mon-Thurs 5am-9 pm
 Fri 5am-3:45 pm
 Sat CLOSED