




Aquatics Schedule

Small Pool

October 2017

	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	Aqua-Tone w/Marge 8:40-9:40							
7:15 AM										
7:30 AM										
7:45 AM										
8:00 AM	Aqua-Tone w/Marge 8:40-9:40									
8:15 AM										
8:30 AM										
8:45 AM										
9:00 AM	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									
10:15 AM										
10:30 AM										
10:45 AM										
11:00 AM	Self-Guided Therapy & Swim Lessons 12:00-1:00									
11:15 AM										
11:30 AM										
11:45 AM										
12:00 PM	 <p>SWIM LESSONS Parent & Tot, Preschool~through~Level 4 Next Sessions: October 2nd ~ 12th Oct. 23rd ~ Nov. 2nd 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						Swim Lessons 3:45-4:30				Closed
2:15 PM						Swim Lessons 3:45-4:30				
2:30 PM	Swim Lessons 3:45-4:30									
2:45 PM	Swim Lessons 3:45-4:30									
3:00 PM	Swim Lessons 3:45-4:30									
3:15 PM	Swim Lessons 3:45-4:30									
3:30 PM	Swim Lessons 3:45-4:30									
3:45 PM	Swim Lessons 3:45-4:30									
4:00 PM	Swim Lessons 3:45-4:30									
4:15 PM	Swim Lessons 3:45-4:30									
4:30 PM	Swim Lessons 3:45-4:30									
4:45 PM	Swim Lessons 3:45-4:30									
5:00 PM	Swim Lessons Parent & Tot 5:30-6:00									
5:15 PM	Swim Lessons Parent & Tot 5:30-6:00									
5:30 PM	Swim Lessons Parent & Tot 5:30-6:00									
5:45 PM	Swim Lessons Parent & Tot 5:30-6:00									
6:00 PM	Swim Lessons Parent & Tot 5:30-6:00									
6:15 PM	Swim Lessons Parent & Tot 5:30-6:00									
6:30 PM	Swim Lessons Parent & Tot 5:30-6:00									
6:45 PM	Swim Lessons Parent & Tot 5:30-6:00									
7:00 PM	Closed	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.