



# Aquatics Schedule

Small Pool  
December  
2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<b>Adult Only Swim</b> <b>5:00-7:00</b>				
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> <b>Adult Only</b> <b>7:00-8:00</b>					
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM	<b>Aqua-Tone</b> <b>w/Marge</b> <b>8:40-9:40</b>					
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM	<b>Therapeutic Aqua-Tone</b> <b>w/Gloria</b> <b>10:00-11:00</b>					
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> <b>Adult Only</b> <b>12:00-1:00</b>					
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
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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	<b>Swim Lessons</b> <b>Monday-Thursday</b> <b>3:45-5:30pm</b> <b>ends December 7</b>					
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM	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