



# Aquatics Schedule

Small Pool  
January  
2018

	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														
6:15 AM														
6:30 AM														
6:45 AM	Closed	Self-Guided Therapy & Swim Lessons Adult Only 7:00-8:00												
7:00 AM														
7:15 AM														
7:30 AM														
7:45 AM														
8:00 AM														
8:15 AM														
8:30 AM	O P E N  S W I M	Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Fit w/Teresa 8:40-9:40								
8:45 AM														
9:00 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								
9:15 AM														
9:30 AM		Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00												
9:45 AM														
10:00 AM														
10:15 AM														
10:30 AM														
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11:00 AM														
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11:30 AM														
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2:00 PM														
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2:30 PM														
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3:00 PM		O P E N  S W I M	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Closed							
3:15 PM														
3:30 PM			Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00								
3:45 PM														
4:00 PM			O P E N  S W I M											
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8:00 PM		Closed												
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8:30 PM														
8:45 PM														
8:55 PM														
9:05 PM														
9:15 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-Zumba**  
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