




Aquatics Schedule

Small Pool

February 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	Self-Guided Therapy & Swim Lessons Adult Only 7:00-8:00										
7:00 AM	O P E N S W I M	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00									
7:15 AM											
7:30 AM											
7:45 AM											
8:00 AM							NEW Aqua-Zumba w/Velvet 8:40-9:40		NEW Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Fit w/Teresa 8:40-9:40
8:15 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
8:30 AM											
8:45 AM											
9:00 AM											
9:15 AM											
9:30 AM											
9:45 AM											
10:00 AM	 <p><i>Next Sessions:</i> February 19-March 1 March 12-22 April 9-19</p> <p>Sign up at our front desk</p>										
10:15 AM											
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
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11:45 AM											
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12:45 PM											
1:00 PM	Closed										
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1:45 PM											
2:00 PM						Swim Lessons 3:45-4:45					
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM						Swim Lessons 5:30-6:00					
3:15 PM											
3:30 PM											
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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-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