



Aquatics Schedule

Small Pool March 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	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	
8:45 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							
9:45 AM							
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10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM		Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00					
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 3:45-4:45	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Closed	
2:15 PM							
2:30 PM							
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6:45 PM							
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-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