



Aquatics Schedule

Small Pool

JULY 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	OPEN SWIM	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	OPEN SWIM	Aqua-Zumba w/Velvet 8:40-9:40	Aqua-Zumba w/Velvet 8:40-9:40	Aqua-Fit w/Teresa 8:40-9:40	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00			
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		OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00					
9:45 AM								
10:00 AM								
10:15 AM								
10:30 AM								
10:45 AM								
11:00 AM								
11:15 AM	OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00						
11:30 AM								
11:45 AM								
12:00 PM								
12:15 PM								
12:30 PM								
12:45 PM								
1:00 PM	OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00						
1:15 PM								
1:30 PM								
1:45 PM								
2:00 PM								
2:15 PM								
2:30 PM								
2:45 PM	OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00						
3:00 PM								
3:15 PM								
3:30 PM								
3:45 PM								
4:00 PM								
4:15 PM								
4:30 PM	OPEN SWIM	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Swim Lessons 3:45-4:45	Closed			
4:45 PM								
5:00 PM		Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00				
5:15 PM								
5:30 PM		OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00					
5:45 PM								
6:00 PM								
6:15 PM								
6:30 PM								
6:45 PM								
7:00 PM								
7:15 PM	Closed	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00						
7:30 PM								
7:45 PM								
8:00 PM								
8:15 PM								
8:30 PM								
8:45 PM								

NOTICE

SUMMER PLUS CAMP KIDS
 Tuesdays & Thursdays
 12:30-3:30pm
 Main Pool
 July & August
 Detailed Calendars are available

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.

Swim Lessons

Next Sessions:
 July 2-12
 July 23-August 2
 August 13-23

Sign up at our front desk

Pool Hours of Operations
 Sun 9am-5:45 pm
 Mon-Thurs 5am-9 pm
 Fri 5am-3:45 pm
 Sat CLOSED