



Aquatics Schedule

Small Pool

August 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		O P E N S W I M	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			O P E N S W I M	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	O P E N S W I M									
11:30 AM										
11:45 AM										
12:00 PM										
12:15 PM										
12:30 PM										
12:45 PM										
1:00 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				
1:15 PM										
1:30 PM		O P E N S W I M	Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00	Swim Lessons 5:30-6:00		Swim Lessons 5:30-6:00	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED		
1:45 PM										
2:00 PM			O P E N S W I M	Closed						
2:15 PM										
2:30 PM										
2:45 PM										
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3:15 PM										
3:30 PM										
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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