




Aquatics Schedule

Small Pool September 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						
7:15 AM						
7:30 AM						
7:45 AM	Aqua-Zumba w/Velvet 8:40-9:40					
8:00 AM						
8:15 AM						
8:30 AM	Aqua-Zumba w/Velvet 8:40-9:40					
8:45 AM						
9:00 AM						
9:15 AM	Aqua-Fit w/Teresa 8:40-9:40					
9:30 AM						
9:45 AM						
10:00 AM	Therapeutic Aqua-Tone w/Gloria 10:00-11:00					
10:15 AM						
10:30 AM						
10:45 AM	Therapeutic Aqua-Tone w/Gloria 10:00-11:00					
11:00 AM						
11:15 AM						
11:30 AM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00					
11:45 AM						
12:00 PM						
12:15 PM	 <p>Next Sessions: September 10-20 October 8-18 November 5-15</p> <p>Sign up at our front desk</p>					
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				Closed	
2:15 PM	Swim Lessons 3:45-4:45					
2:30 PM	Swim Lessons 3:45-4:45					
2:45 PM	Swim Lessons 3:45-4:45					
3:00 PM	Swim Lessons 5:30-6:00					
3:15 PM	Swim Lessons 5:30-6:00					
3:30 PM	Swim Lessons 5:30-6:00					
3:45 PM	Swim Lessons 5:30-6:00					
4:00 PM	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED					
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	Closed					
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM	Closed					
8:15 PM						
8:30 PM						
8:45 PM						
8:55 PM						

O P E N S W I M

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