



# Aquatics Schedule

# Small Pool

# 2018 October

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<b>Adult Only Swim</b> 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	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 7:00-8:00					
7:00 AM						
7:15 AM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
7:30 AM						
7:45 AM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
8:00 AM						
8:15 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00					
8:30 AM						
8:45 AM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
9:00 AM						
9:15 AM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
9:30 AM						
9:45 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00					
10:00 AM						
10:15 AM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
10:30 AM						
10:45 AM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
11:00 AM						
11:15 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00					
11:30 AM						
11:45 AM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
12:00 PM						
12:15 PM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
12:30 PM						
12:45 PM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00					
1:00 PM						
1:15 PM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
1:30 PM						
1:45 PM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
2:00 PM						
2:15 PM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00					
2:30 PM						
2:45 PM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
3:00 PM						
3:15 PM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
3:30 PM						
3:45 PM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00					
4:00 PM						
4:15 PM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					
4:30 PM						
4:45 PM	<b>Therapeutic Aqua-Tone</b> w/Gloria 10:00-11:00					
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8:30 PM						
8:45 PM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40					

OPEN SWIM

**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.

Next Sessions:  
 October 8-18  
 November 5-15  
 December 3-13

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