



Aquatics Schedule

Small Pool 2019 January

	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		Self-Guided Therapy & Swim Lessons Adult Only 7:00-8:00					
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM		Aqua-Zumba		Aqua-Zumba		Aqua-Fit	
9:00 AM	OPEN SWIM	w/Velvet		w/Velvet		w/Teresa	
9:15 AM		8:40-9:40		8:40-9:40		8:40-9:40	
9:30 AM							
9:45 AM							
10:00 AM			Therapeutic		Therapeutic		Therapeutic
10:15 AM			Aqua-Tone		Aqua-Tone		Aqua-Tone
10:30 AM			w/Gloria		w/Gloria		w/Gloria
10:45 AM			10:00-11:00		10:00-11:00		10:00-11:00
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							
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7:00 PM	Closed						
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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