



Aquatics Schedule

Small Pool
February
2019

	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		O P E N S W I M	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00				
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM	Aqua-Zumba w/Velvet 8:40-9:40			Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Fit w/Teresa 8:40-9:40	
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM	Therapeutic Aqua-Tone w/Linda 10:00-11:00		Therapeutic Aqua-Tone w/Linda 10:00-11:00		Therapeutic Aqua-Tone w/Linda 10:00-11:00		
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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