



# Aquatics Schedule

# Small Pool March 2019

	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		<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 7:00-8:00					
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM		OPEN SWIM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40				
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM	<b>Therapeutic Aqua-Tone</b> w/Linda 10:00-11:00						
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	<b>Aqua-Zumba</b> w/Velvet 8:40-9:40						
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM	<b>Aqua-Fit</b> w/Teresa 8:40-9:40						
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	<b>Self-Guided Therapy &amp; Swim Lessons</b> Adult Only 12:00-1:00						
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM	<b>SWIM LESSONS</b> 1:00-1:30						
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM	<b>SWIM LESSONS</b> 1:30-2:00						
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM	Closed						
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
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