



# Aquatics Schedule

# Small Pool

# APRIL 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		OPEN SWIM	Aqua-Zumba w/Velvet 8:40-9:40				
7:15 AM							
7:30 AM	Aqua-Zumba w/Velvet 8:40-9:40						
7:45 AM							
8:00 AM	Therapeutic Aqua-Tone w/Linda 10:00-11:00						
8:15 AM							
8:30 AM	Therapeutic Aqua-Tone w/Linda 10:00-11:00						
8:45 AM							
9:00 AM	Aqua-Fit w/Teresa 8:40-9:40						
9:15 AM							
9:30 AM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00						
9:45 AM							
10:00 AM	SWIM LESSONS 1:00-1:30		SWIM LESSONS 1:00-1:30				
10:15 AM	SWIM LESSONS 3:30-4:00		SWIM LESSONS 3:30-4:00				
10:30 AM	SWIM LESSONS 3:30-4:00		SWIM LESSONS 3:30-4:00				
10:45 AM	SWIM LESSONS 3:30-4:00		SWIM LESSONS 3:30-4:00				
11:00 AM	Closed						
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**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