



Aquatics Schedule

SMALL POOL

2022 May

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed						
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM				Adult Only Swim 5:00am - 1:00pm M-F			
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	OPEN SWIM	Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40			
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM						Aqua-Zumba w/Velvet 10:00-11:00	
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM					Pool Deck Cleaning (Pool Open) 1-4pm FRIDAYS *pressure washer in use on pool deck*		
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							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	Closed						
6:15 PM							
6:30 PM				Cardio-Water w/Lori 6:15-7:15		Cardio-Water w/Lori 6:15-7:15	
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:

THERAPY POOL RULES
 This pool is for therapy, general exercise and LPC guided swim lessons. Reserved for participants ages 18 and older. Children 7 years and younger only and must be accompanied by an adult in the water.

Adult Only Swim
5am-1pm M-F

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.

Aqua Tabata
 is an interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water.

Thank you, for keeping a close watch over your children.
No Cellphone Zone.
 Schedules are subject to change

Pool Hours of Operations
 Sun 9am-5:45 pm
 Mon-Thurs 5am-8:45 pm
 Fri 5am-3:45 pm
 Sat CLOSED