



# Aquatics Schedule

## Therapy Pool

# August 2022

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

**Closed**

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