



# AQUATICS SCHEDULE

Therapy Pool

2022  
SEPTEMBER

	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						
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						
10:15 AM						
10:30 AM						
10:45 AM						Aqua-Zumba w/Velvet 10:00-11:00
11:00 AM						
11:15 AM						
11:30 AM						
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8:00 PM						
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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