



AQUATICS SCHEDULE

Therapy Pool

JANUARY
2023

	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							
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6:30 PM							
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:

TERAPY 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