



Aquatics Schedule

Therapy Pool September 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						
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8:00 AM	SUNDAY OPEN SWIM					
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Closed

SUNDAY
OPEN
SWIM

Closed

Adult Only Time In Therapy Pool
5:00am - 1:00pm
Monday - Friday

Adult Only Time In Therapy Pool
5:00am - 1:00pm
Monday - Friday

Aqua-Zumba w/Velvet
8:40-9:40

Aqua-Tabata w/Velvet
8:40-9:40

Pool Deck Cleaning (Pool Open)
1-4pm
FRIDAYS
pressure washer in use on pool deck

Closed

Cardio-Water w/Tim
6:30-7:30

Cardio-Water w/Tim
6:30-7:30

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

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