



Aquatics Schedule

THE THERAPY POOL

2024
November

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	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	Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday	Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday	Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday
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8:00 AM	S U N D A Y O P E N S W I M	Aqua-Zumba w/Velvet 8:40-9:40	Aqua-Tabata w/Velvet 8:40-9:40	Aqua-Zumba w/Velvet 10:00-11:00	Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday	Aqua-Zumba w/Velvet 10:00-11:00
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Please Note:

THE 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 - 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