



# Aquatics Schedule

## Therapy Pool

2024  
December

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday					
5:00 AM	Closed	<b>Adult Only Time In Therapy Pool</b> 5:00am - 1:00pm Monday - Friday									
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	SUNDAY OPEN SWIM										
8:15 AM											
8:30 AM											
8:45 AM											
9:00 AM								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											Aqua-Zumba w/Velvet 10:00-11:00
10:15 AM		<b>Adult Only Time In Therapy Pool</b> 5:00am - 1:00pm Monday - Friday									
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
11:30 AM											
11:45 AM											
12:00 PM											
12:15 PM											
12:30 PM											
12:45 PM											
1:00 PM							<b>Pool Deck Cleaning (Pool Open) 1-4pm FRIDAYS *pressure washer in use on pool deck*</b>				
1:15 PM											
1:30 PM											
1:45 PM											
2:00 PM											
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM											
3:15 PM											
3:30 PM											
3:45 PM											
4:00 PM	<b>HOLIDAY HOURS</b> Tuesday, December 24 - Christmas Eve: Closed All Day Wednesday, December 25 - Merry Christmas! Closed All Day Tuesday, December 31 - New Year's Eve: Close at 5pm Wednesday, January 1 - New Year's Day: Closed All Day										
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM											
5:15 PM											
5:30 PM											
5:45 PM											
6:00 PM											
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM			Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	<b>Pool Hours of Operations</b> Sun 9am-5:45 pm Mon-Thurs 5am-8:45 pm Fri 5am-3:45 pm Sat CLOSED					
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 - 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