

Aquatics Schedule

Therapy Pool

A Ministry	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	1
5:00 AM	,	,	·	·			
5:15 AM			Per	A A			
5:30 AM			Norman / Town		and the second		
5:45 AM		Sign.		The state of the s			
6:00 AM		- Time-	ta.		A	-	
6:15 AM						*******	
6:30 AM		The same of the sa	Adult Only	Time In Therapy	Pool	anna a a a a a a a a a a a a a a a a a	
6:45 AM	Closed	400	5:00	Dam - 1:00pm		The state of the s	
7:00 AM 7:15 AM		***************************************	Mo	nday - Friday	"There	· · · · · · · · · · · · · · · · · · ·	
7:30 AM		are reserved to		maay maay	The same of the sa		
7:45 AM			Real		71,000	<u>~</u>	
8:00 AM		e de la companya del companya de la companya del companya de la co	The same of	and the Pro-	The state of the s		
8:15 AM			American James		The said		Please Note:
8:30 AM				W Y			THERAPY POOL RULES
8:45 AM		Aqua-Zumba		Aqua-Tabata			
9:00 AM		w/Velvet		w/Velvet			This pool is for therapy,
9:15 AM							general exercise and LPC
9:30 AM	S	8:40-9:40		8:40-9:40			guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM	U			A		Aqua-Zumba	ages 18 and older.
10:15 AM			See for		7	w/Velvet	Children 7 years and
10:30 AM	N		Manage and	The state of the s	l	10:00-11:00	
10:45 AM 11:00 AM		712	Δdı	ılt Only Time	di	10.00 11.00	younger only - must be
11:00 AM	D	***************************************			ati		accompanied by an adult
11:15 AM	^	and the second		herapy Pool	office and the		in the water.
11:45 AM	Α		[⊷] 5:00	am - 1:00pm	-Harrison		
12:00 PM	Υ	art.	Mo	nday - Friday	A		
12:15 PM		2	, and the same of	•	The state of the s		Adult Only Swim
12:30 PM			Commence of the second	$\wedge \wedge \wedge \wedge$	A Company of the Comp		5am-1pm M-F
12:45 PM			Level .	V V			<u>Sam-Ipm ivi-i</u>
1:00 PM	0						7h.c
1:15 PM						Pool Deck	Aqua-Zumba Move to fun music with a low-
1:30 PM	P					Cleaning	impact, high energy exercise
1:45 PM	_					(Pool Open)	blending dance moves in the water
2:00 PM	E					1-4pm	to create natural resistance. Results
2:15 PM	N					FRIDAYS	in less impact on your joints. Core
2:30 PM 2:45 PM	IN						toning combined with muscle
3:00 PM						*pressure washer in use	strengthening exercises help you
3:15 PM						on pool deck*	have a fun total-body routine.
3:30 PM	S				<u></u> 9		
3:45 PM		9		HOLIDAY HOURS			Aqua Tabata
4:00 PM	W	(A) 1180	Tuesday	December 24 - Christma	as Eve: Closed All Dav		is an interval class with 20 seconds of intense exercise and 10 seconds
4:15 PM		G Charles	Wednesday, De	ecember 25 - Merry Chr	istmas! Closed All Day		of intense exercise and 10 seconds of rest done in shallow water.
4:30 PM		Child Co		December 31 - New Year			of rest dolle in silallow water.
4:45 PM	n.a	100 mg/m	vveanesda	ay, January 1 - New Year	is Day: Closed All Day		Thank you for kooning a
5:00 PM	M	## 6 W	1			Closed	Thank you, for keeping a
5:15 PM		\cup				Ciosca	close watch over your
5:30 PM							children.
5:45 PM							No Cellphone Zone.
6:00 PM							
6:15 PM 6:30 PM			Condia Mat		Coudio Mate		Schadulas ara subject to change
6:45 PM			Cardio-Water		Cardio-Water		Schedules are subject to change
7:00 PM			w/Dee		w/Dee		
	Closed		6:30-7:30		6:30-7:30	Pool Hou	irs of Operations
7:30 PM						Sun	9am-5:45 pm
7:45 PM							
8:00 PM						Mon-Thu	urs 5am-8:45 pm
8:15 PM						Fri 5	5am-3:45 pm
8:30 PM							at CLOSED
8:45 PM						36	it GLOSED