

AQUATICS TO SCHEDULE

Therapy Pool

A Ministry	OFAI								
	Sunday	Monday	Tuesday	Wednesday		Th	ursday	Friday	
5:00 AM									
5:15 AM			•	,As					
5:30 AM			North Park	a professional and the second					
5:45 AM		No.	and American	The same of the sa	<u> </u>	arana /			
6:00 AM			·			Jane 1	. e.		
6:15 AM		The season of th	······································					erek.	
6:30 AM		The state of the s	Adult Only	Time In Ther	anv	Pool	Ali	And the second s	
6:45 AM		The state of the s				1 001	465	Andrews .	
7:00 AM	Closed	all transcriber and the second	5:0	0am - 1:00pn	n		***		
7:15 AM			Mo	onday - Friday	/			*********	
7:30 AM		a s s s s s s s s s s s s s s s s s s s							
7:45 AM		Silman					A	ille_	
8:00 AM		dia.	and the same		714		· · · · · · · · · · · · · · · · · · ·		
8:15 AM			American Company			The said			Please Note:
8:30 AM			Beer.		·/				
8:45 AM									THERAPY POOL RULES
9:00 AM		Aqua-Zumba		Aqua-Tabat	a -				This pool is for therapy,
9:15 AM		w/Velvet		w/Velvet					general exercise and LPC
9:30 AM		8:40-9:40		8:40-9:40					guided swim lessons.
9:45 AM									_
10:00 AM					-				Reserved for participants
10:00 AW 10:15 AM			6.	AND AND				Aqua-Zumba	ages 18 and older.
			Norman 1 "	Mark Market		eg -		w/Velvet	Children 7 years and
10:30 AM 10:45 AM	N		Marine Marine	34	-	farming.	y	10:00-11:00	
10:45 AW 11:00 AM		7111	Δdı	ult Only Time		di			younger only - must be
11:00 AW 11:15 AM	D	112 Aug.		-			alimination		accompanied by an
		rest to the second	ıı- <u>In</u>	<u> Therapy Pool</u>			421		adult in the water.
11:30 AM		ALL STREET	··· 5:00	0am - 1:00pm			-Pickey		addit iii tile water.
11:45 AM		-Minney	111190	nday - Friday			William Control		-
12:00 PM		are to		iluay - Filuay		W			Adult Only Swim
12:15 PM			are a second		****	Annual Control	E.		
12:30 PM			Carrier Carr		Ĩ	4.3			5am-1pm M-F
12:45 PM	the state of the s			** **	}				
1:00 PM								Pool Deck	Aqua-Zumba
1:15 PM								•	Move to fun music with a low-
1:30 PM								Cleaning	impact, high energy exercise
1:45 PM					_			(Pool Open)	blending dance moves in the water
2:00 PM									to create natural resistance.
2:15 PM								1:00-3:45pm	Results in less impact on your
2:30 PM	N							FRIDAYS	joints. Core toning combined with
2:45 PM								*pressure washer	muscle strengthening exercises
3:00 PM								in use	help you have a fun total-body
3:15 PM								on pool deck*	routine.
3:30 PM								•	1 2 3 3 3 3 3
3:45 PM									Aqua Tabata
4:00 PM	W								is an interval class with 20 seconds
4:15 PM									of intense exercise and 10 seconds
4:30 PM									of rest done in shallow water.
4:45 PM	R.A								or rest done in shallow water.
5:00 PM	M				T			Closed	Themlesson for becaute
5:15 PM								Closed	Thank you, for keeping a
5:30 PM									close watch over your
5:45 PM									children.
6:00 PM									
6:15 PM									No Cellphone Zone.
6:30 PM			Cardio-Water			Cardio	o-Water		1
6:45 PM									
7:00 PM			w/Dee			W	/Dee	Pool Hor	no of Oppositions
	Closed		6:30-7:30			6:30	0-7:30	Pool Hou	rs of Operations
7:30 PM					ľ			Sun	9am-5:45 pm
7:45 PM									
8:00 PM					_			Mon-Thu	ırs 5am-8:45 pm
8:15 PM								Eri C	5am-3:45 pm
8:30 PM									•
8:45 PM								Sa	at CLOSED
22									