

Aquatics Schedule Therapy Pool

A Ministry							1
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	43
5:00 AM							
5:15 AM			Dec.	arthur and			6 .
5:30 AM			Norman Com	Carrier Carrier	anna ang		10
5:45 AM	1	N.	Secretary Control	3.			1
6:00 AM			lis.		At	ague	
6:15 AM		**********			asesses.		
6:30 AM		- Military	Adult Only	Time In Therapy	y Pool	***********	
6:45 AM	Closed	and the same of th		0am - 1:00pm	450	****************	$\lambda \gamma \sim$
7:00 AM	Closed	The state of the s		•	***)	****	
7:15 AM		- Street	Mo	onday - Friday	- Agricus		(11 >
7:30 AM		**********	****		*******	****	2,10
7:45 AM			ar		V		95
8:00 AM		et e		in in the	The state of the s		
8:15 AM			Alaska da		and the second		Please Note:
8:30 AM							THERAPY POOL RULES
8:45 AM		Aqua-Zumba		Aqua-Tabata			
9:00 AM		w/Lou Ann		w/Lou Ann			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					Aqua-Zumba	· · · · · · · · · · · · · · · · · · ·
10:15 AM			the same of the	Control of the second	3	w/Lou Ann	ages 18 and older.
10:30 AM	N		Manual Samuel	April 1984	1 Samuely		Children 7 years and
10:45 AM		7111		1. 6. 11	formanings.	10:00-11:00	younger only - must be
11:00 AM	D	***************************************	<u>Ad</u>	ult Only Time	Alexander Company		
11:15 AM			ns- In '	Therapy Pool	***************************************		accompanied by an
11:30 AM	A	William .			- Pinterior Company		adult in the water.
11:45 AM			111110	0am - 1:00pm	With the state of		
12:00 PM	Y	est.	Mo	nday - Friday	**************************************		Adult Only Swim
12:15 PM		•	de de la company		The state of the s		Addit Offig Swiff
12:30 PM			Vanada and		radio Company		5am-1pm M-F
12:45 PM			\$ cer				<u> </u>
1:00 PM	0]
1:15 PM						Pool Deck	Aqua-Zumba
1:30 PM	P					Cleaning	Move to fun music with a low-
1:45 PM						(Pool Open)	impact, high energy exercise
2:00 PM	E						blending dance moves in the water 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							muscle strengthening exercises
3:00 PM						*pressure washer in use	help you have a fun total-body
3:15 PM						on pool deck*	routine.
3:30 PM	S					on poor deck	Toutille.
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	D.A						or rest done in Shahow Water.
5:00 PM	M					Closed	Therefore for h
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-Water		
6:45 PM							
7:00 PM			w/Dee		w/Dee	Pool Hou	rs of Operations
7:15 PM	Closed		6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
7:30 PM						Sun	9am-5:45 pm
7:45 PM					<u> </u>		·
8:00 PM						IVION- I hu	ırs 5am-8:45 pm
8:15 PM						Fri 5	Sam-3:45 pm
8:30 PM							
8:45 PM						Sa	nt CLOSED