

## Aquatics Schedule Therapy

## Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	,		·	,	,		
5:15 AM				A			
5:30 AM					Land Control		. (()
5:45 AM		Section			harry from the same of the sam		
6:00 AM			t.		-		
6:15 AM		The state of the s	U.		Alexander and the second		
6:30 AM			Adult Only	Time In Therany	Pool	100	
6:45 AM		Adult Only Time In Therapy Pool					y
7:00 AM	Closed	447	5:00	0am - 1:00pm	*******	200	
7:15 AM			Mo	nday - Friday		Market Control of the	
7:30 AM				•			<b>5 16</b>
7:45 AM		dim	W.		The same of the sa	_	
8:00 AM		<u> </u>	The same of the sa		The state of the s		
8:15 AM			Lamber of the same				Please Note:
8:30 AM			See .	V V			
							THERAPY POOL RULES
8:45 AM		Aqua-Zumba		Aqua-Tabata			This pool is for therapy,
9:00 AM		w/Velvet		w/Velvet			general exercise and LPC
9:15 AM		8:40-9:40		8:40-9:40			_
9:30 AM	S	0.10 3.10		0110 3110			guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM				A		Aqua-Zumba	ages 18 and older.
10:15 AM			1		4	w/Velvet	_
10:30 AM	N		The same of the sa	The second secon	lamanage .	10:00-11:00	Children 7 years and
10:45 AM		THE STATE OF THE S	A al.,	de Only Time	hamany	10.00-11.00	younger only - must be
11:00 AM		et g		ılt Only Time	Alexander Control		accompanied by an adult
11:15 AM			<u> </u>	herapy Pool	all and the same of the same o		
11:30 AM			5:00	am - 1:00pm			in the water.
11:45 AM		- Andread	COLUMN TO THE PARTY OF THE PART	•	-		
12:00 PM	Υ	ed.	IVIO	nday - Friday	Annual Control of the		<b>Adult Only Swim</b>
12:15 PM			- Land of the same	Mar.	Promise of the second		Addit Only Swiiii
12:30 PM			Land Control		p)		<u>5am-1pm M-F</u>
12:45 PM			14"	V V			<u> </u>
1:00 PM	0					:	A 7
1:15 PM						Pool Deck	Aqua-Zumba
1:30 PM	Р					Cleaning	Move to fun music with a low-
1:45 PM						(Pool Open)	impact, high energy exercise
2:00 PM	Ε						blending dance moves in the water
2:15 PM						1:00-3:45pm	to create natural resistance. Results
2:30 PM	N					FRIDAYS	in less impact on your joints. Core
2:45 PM							toning combined with muscle
3:00 PM						*pressure washer	strengthening exercises help you
3:15 PM						in use	have a fun total-body routine.
3:30 PM	S					on pool deck*	A 7.1
3:45 PM							Aqua Tabata
4:00 PM							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							
5:00 PM	-NA						Thank you, for keeping a
5:15 PM						Closed	close watch over your
5:30 PM							•
5:45 PM							children.
							No Cellphone Zone.
6:00 PM							
6:15 PM							Cabadulas em subitant i
6:30 PM			Cardio-Water		Cardio-Water		Schedules are subject to change
6:45 PM			w/Dee		w/Dee		
7:00 PM	Class		6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
	Closed		0.30-7.30		0.30-7.30		<u>-</u>
7:30 PM						Sun	9am-5:45 pm
7:45 PM						Mon-Thu	ırs 5am-8:45 pm
8:00 PM							· · · · · · · · · · · · · · · · · · ·
8:15 PM						Fri 5	am-3:45 pm
8:30 PM						Sa	t CLOSED
8:45 PM						36	CLOSED