

# Aquatics Schedule

## Therapy Pool

2025  
May

	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	SUNDAY OPEN SWIM	<b>Aqua-Zumba w/Velvet 8:40-9:40</b>		<b>Aqua-Tabata w/Velvet 8:40-9:40</b>		
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM		<b>Adult Only Time In Therapy Pool</b> 5:00am - 1:00pm Monday - Friday				<b>Aqua-Zumba w/Velvet 10:00-11:00</b>
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
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)</b>  <b>1:00-3:45pm FRIDAYS</b>  *pressure washer in use on pool deck*
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						<b>Closed</b>
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM	Closed		<b>Cardio-Water w/Dee 6:30-7:30</b>		<b>Cardio-Water w/Dee 6:30-7:30</b>	
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
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.**

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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