



Aquatics Schedule

THERAPY POOL

2025 August

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed					
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM	Closed					
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM	SUNDAY OPEN SWIM					
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM		Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40		
9:30 AM						
9:45 AM						
10:00 AM						
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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.

**Pool Deck Cleaning
(Pool Open)
1:00pm - 3:45pm
FRIDAYS
*pressure washer in use**

Closed

Pool Hours of Operations

Sun 9am-5:45 pm
Mon-Thurs 5am-8:45 pm
Fri 5am-3:45 pm
Sat CLOSED

**Cardio-Water
w/Dee
6:30-7:30**

**Cardio-Water
w/Dee
6:30-7:30**