



# Aquatics Schedule

## THERAPY POOL

2025  
October

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<div>Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday</div>	<div>Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday</div>	<div>Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday</div>	<div>Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday</div>	<div>Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday</div>
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	Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40		
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
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11:00 AM	SUNDAY OPEN SWIM					
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8:00 PM						
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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