

Aquatics Schedule THERAPY POOL

A Ministry	ATICS						
Ammoury	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM		ivioriday	Tuesday	Wednesday	Thursday	Triday	
5:15 AM			No.				
5:30 AM					and the second		
5:45 AM				9	and the same of th		
6:00 AM						and the second	
6:15 AM		The second secon			and the second second		
6:30 AM			Adult Only	Time In Therap	v Pool		
6:45 AM	Classed			-	***		
7:00 AM	Closed			0am - 1:00pm	44		
7:15 AM			Mo	onday - Friday			
7:30 AM		Market Control					
7:45 AM							
8:00 AM		and the second second		<u>.</u>			
8:15 AM							Please Note:
8:30 AM							
							THERAPY POOL RULES
8:45 AM		Aqua-Zumba		Aqua-Tabata			This pool is for therapy,
9:00 AM		w/Velvet		w/Velvet			
9:15 AM		8:40-9:40		8:40-9:40			general exercise and LPC
9:30 AM		0.40-3.40		0.70-3.70			guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM	U					Aqua-Zumba	· · ·
10:15 AM					4	w/Velvet	ages 18 and older.
10:30 AM	N				The second second		Children 7 years and
10:45 AM		The state of the s			The second second	10:00-11:00	younger only - must be
11:00 AM	D		<u>Adı</u>	ult Only Time			
11:15 AM				Therapy Pool			accompanied by an
11:30 AM		No. of Contract of					adult in the water.
11:45 AM	A		5:00	0am - 1:00pm	The state of the s		<u> </u>
12:00 PM			Mo	nday - Friday	***************************************		
12:15 PM			1410	ilday iliday			Adult Only Swim
12:30 PM				A A BANK			_
							<u>5am-1pm M-F</u>
12:45 PM			•	**************************************		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
1:00 PM	O					Deal Deal	Aqua-Zumba
1:15 PM						Pool Deck	Move to fun music with a low-
1:30 PM						Cleaning	impact, high energy exercise
1:45 PM	_					(Pool Open)	blending dance moves in the water
2:00 PM	Ε					1:00pm -	to create natural resistance.
2:15 PM							Results in less impact on your
2:30 PM	N					3:45pm	joints. Core toning combined with
2:45 PM						FRIDAYS	muscle strengthening exercises
3:00 PM						*pressure	help you have a fun total-body
3:15 PM						washer in use	
3:30 PM	S						routine.
3:45 PM							
4:00 PM	- V. V.						<u>Aqua Tabata</u>
4:15 PM							is an interval class with 20 seconds
4:30 PM							of intense exercise and 10 seconds
							of rest done in shallow water.
4:45 PM	M]
5:00 PM						Closed	Thank you, for keeping a
5:15 PM							-
5:30 PM			Total Strength				close watch over your
5:45 PM			Aquatics w/Lisa				children.
6:00 PM			· · ·				No Collabora Zona
6:15 PM			5:30-6:30				No Cellphone Zone.
6:30 PM			Cardio-Water		Cardio-Water		
6:45 PM							
7:00 PM			w/Dee		w/Dee	Dool Hou	rs of Operations
	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							•
8:00 PM						Mon-Thu	ırs 5am-8:45 pm
8:15 PM						Eui E	3 m 2 · 4 F p m
8:30 PM						Fri 5	iam-3:45 pm
						Sa	nt CLOSED
8:45 PM							