



Aquatics Schedule

THERAPY POOL

2025
October

	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						
6:30 AM						
6:45 AM						
7:00 AM	S U N D A Y O P E N S W I M					
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM		Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40		
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						Aqua-Zumba w/Velvet 10:00-11:00
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	Closed					
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
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3:00 PM						
3:15 PM						
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4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	Closed		Total Strength Aquatics w/Lisa 5:45-6:30			
6:15 PM						
6:30 PM			Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	
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.

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