

Aquatics Schedule THERAL POOL & AQUATICS Aquatics Schedule POOL

& AQU	ATICS						PUUL
Aministry	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM			,				
5:15 AM				<u>.</u>			
5:30 AM					and the second		
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM			Adult Only	Time In Therap	y Pool		
6:45 AM	Closed		5:0	0am - 1:00pm	440		
7:00 AM		The state of the s		onday - Friday	***		
7:15 AM			IVIC	oliuay - Filuay	***		
7:30 AM 7:45 AM					7		
8:00 AM	1						
8:15 AM				\wedge			Please Note:
8:30 AM							
8:45 AM		Agua Zumba		Agua Tahata			THERAPY POOL RULES
9:00 AM		Aqua-Zumba		Aqua-Tabata			This pool is for therapy,
9:15 AM		w/Velvet		w/Velvet			general exercise and LPC
9:30 AM	S	8:40-9:40		8:40-9:40			guided swim lessons.
9:45 AM	3						Reserved for participants
10:00 AM						Aqua-Zumba	ages 18 and older.
10:15 AM					and the second	w/Velvet	
10:30 AM	N 1				and the second	10:00-11:00	Children 7 years and
10:45 AM		-	۸۸	ult Only Time	<u> Amanaga </u>	10.00 11.00	younger only - must be
11:00 AM				-			accompanied by an
11:15 AM 11:30 AM			<u>In</u>	Therapy Pool	4		adult in the water.
11:45 AM			5:00	0am - 1:00pm	-		addit iii tile water.
12:00 PM	V		Mo	nday - Friday	-		
12:15 PM				,	No.		Adult Only Swim
12:30 PM				A & N			5am-1pm M-F
12:45 PM							Saill-Thill MI-L
1:00 PM	0						
1:15 PM						Pool Deck	Aqua-Zumba
1:30 PM						Cleaning	Move to fun music with a low- impact, high energy exercise
1:45 PM						(Pool Open)	blending dance moves in the water
2:00 PM	_					1:00pm -	to create natural resistance.
2:15 PM						3:45pm	Results in less impact on your
2:30 PM 2:45 PM						FRIDAYS	joints. Core toning combined with
3:00 PM						 -	muscle strengthening exercises
3:15 PM						*pressure washer in use	help you have a fun total-body
3:30 PM						waster in use	routine.
3:45 PM							1
4:00 PM							Aqua Tabata
4:15 PM							is an interval class with 20 seconds of intense exercise and 10 seconds
4:30 PM							of rest done in shallow water.
4:45 PM	NV/						or rest done in shallow water.
5:00 PM						Closed	Thank you, for keeping a
5:15 PM							
5:30 PM			Total Ctrongth				close watch over your
5:45 PM			Total Strength				children.
6:00 PM 6:15 PM			Aquatics w/Lisa				No Cellphone Zone.
6:15 PM			5:45-6:30		Cardia Water		
6:45 PM			Cardio-Water		Cardio-Water		
7:00 PM			w/Dee		w/Dee	Dool Ho	we of Ownership
	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						ivion-i hu	ırs 5am-8:45 pm
8:15 PM						Fri 5	iam-3:45 pm
8:30 PM							t CLOSED
8:45 PM						Sa	it-CLO3ED