

Aquatics Schedule

THERAPY POOL

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM							
5:15 AM				A 2			
5:30 AM					and the second		
5:45 AM		The second second			The second second		(1) 8)
6:00 AM			lk.				~ ~ ~
6:15 AM							9
6:30 AM		The state of the s	Adult Only	Time In Therapy	<u>Pool</u>		
6:45 AM	Closed		5:00	Dam - 1:00pm	***************************************		\sim
7:00 AM	Cioseu	-		•	*****		
7:15 AM			IVIO	nday - Friday	-		
7:30 AM		and the second	OF.				0
7:45 AM					<u> </u>		2
8:00 AM				A A 1			-
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							general exercise and LPC
9:30 AM	S	8:40-9:40		8:40-9:40			guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM	U					Aqua-Zumba	ages 18 and older.
10:15 AM					4	w/Velvet	
10:30 AM	N			The state of the s		10:00-11:00	Children 7 years and
10:45 AM		-				10:00-11:00	younger only - must be
11:00 AM	D	Neg .		ılt Only Time			accompanied by an adult
11:15 AM			<u>In T</u>	herapy Pool			
11:30 AM	Α		<u></u> 5:00	am - 1:00pm			in the water.
11:45 AM				•			
12:00 PM	Y	e de la companya de	IVIOI	nday - Friday	The same of the sa		Adult Only Swim
12:15 PM			The same of the sa	3			
12:30 PM							<u>5am-1pm M-F</u>
12:45 PM			•	V			
1:00 PM	0						Agua-Zumba
1:15 PM						Pool Deck	Move to fun music with a low-
1:30 PM	(d)						
	P					Cleaning	
1:45 PM						Cleaning (Pool Open)	impact, high energy exercise
1:45 PM 2:00 PM	E					(Pool Open)	impact, high energy exercise blending dance moves in the water
1:45 PM 2:00 PM 2:15 PM	E					(Pool Open) 1:00pm -	impact, high energy exercise
1:45 PM 2:00 PM 2:15 PM 2:30 PM						(Pool Open) _ 1:00pm - 3:45pm	impact, high energy exercise blending dance moves in the water to create natural resistance. Results
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