

AQUATICS SCHEDULE THERAPY AQUATICS AQUATICS SCHEDULE

A Ministry	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM		ivioriday	ruesuay	vveunesday	Thursday	Tilday	
5:15 AM							
5:30 AM			The same of the sa				7
5:45 AM		en.			and the same of th		
6:00 AM			-		,		
6:15 AM		7	lis.		A	and the same of th	
6:30 AM		-	A deals Only	The all the second	- Dool		
		The state of the s	<u>Adult Only</u>	Time In Therapy	<u>/ P001</u>	****	
6:45 AM	Closed		5:0	0am - 1:00pm		***************************************	
7:00 AM		- The state of the		onday - Friday	***	*****	
7:15 AM		and the same of th	IVIC	Jiluay - Filuay	~~	The second second	
7:30 AM		Contraction of the Contraction o	(Marie		4	Mary Control of the C	
7:45 AM	4				<u> </u>		
8:00 AM			Land Comment	\sim \sim I			-1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -
8:15 AM			And the second		*		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		6. 1 0-3.40			guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM				4.		Aqua-Zumba	ages 18 and older.
10:15 AM			1		and the same of th	w/Velvet	_
10:30 AM			The same of the sa	THE STATE OF THE S	Land of the second	10:00-11:00	Children 7 years and
10:45 AM		74.		.l. 0l. T	hammen	10.00-11:00	younger only - must be
11:00 AM		100	Adı	ult Only Time	- Harris		accompanied by an
11:15 AM			ın '	Therapy Pool	***************************************		
11:30 AM	A	Here was a series		0am - 1:00pm			adult in the water.
11:45 AM			Marrie	•			
12:00 PM	Υ		Mo	nday - Friday			Adult Only Swim
12:15 PM			and the same of th				Addit Offig Swiff
12:30 PM			Comment of the second				<u>5am-1pm M-F</u>
12:45 PM			The state of the s				Sam-Ipm W-1
1:00 PM	0					·	
1:15 PM						Pool Deck	<u>Aqua-Zumba</u>
1:30 PM	P					Cleaning	Move to fun music with a low-
1:45 PM						(Dool Open)	impact, high energy exercise
2:00 PM							blending dance moves in the water
2:15 PM						1:00pm -	to create natural resistance.
2:30 PM						3:45pm	Results in less impact on your
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							
4:00 PM							<u>Aqua Tabata</u>
4:00 PM 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	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \						
5:00 PM						Closed	Thank you, for keeping a
5:15 PM							close watch over your
5:30 PM							_
5:45 PM							children.
6:00 PM							No Cellphone Zone.
6:15 PM							.to compliant zone.
6:30 PM			Cardio-Water		Cardio-Water		
6:45 PM	4		w/Dee		w/Dee		
						Pool Hou	rs of Operations
7:00 PM			6:30-7:30		6:30-7:30		
7:15 PM	Closed					Sun	Jama Full Finance
7:15 PM 7:30 PM						Suii :	9am-5:45 pm
7:15 PM 7:30 PM 7:45 PM							
7:15 PM 7:30 PM 7:45 PM 8:00 PM							irs 5am-8:45 pm
7:15 PM 7:30 PM 7:45 PM						Mon-Thu	irs 5am-8:45 pm
7:15 PM 7:30 PM 7:45 PM 8:00 PM						Mon-Thu Fri 5	rs 5am-8:45 pm am-3:45 pm
7:15 PM 7:30 PM 7:45 PM 8:00 PM 8:15 PM						Mon-Thu Fri 5	irs 5am-8:45 pm