



Aquatics Schedule

Therapy Pool

MAY 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only Time in Therapy Pool 5:00am-1:00pm				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-1:00pm				
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-1:00pm				
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-1:00pm				
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-1:00pm				
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM	Closed	Adult Only Time in Therapy Pool 5:00am-1:00pm				
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.

Adult Swim
Reserved for participants ages 18 and older.
Children 7 years and younger only - must be accompanied by an adult in the water at all times.

NO CELLPHONE ZONE

Thank you for keeping a close watch over your children.

Adult Only Time 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.

Aqua-Tabata
Interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water.

Pool Deck Cleaning (Pool Open) 1:00pm-3:45pm FRIDAYS
*loud washers

Pool Hours of Operations
 Sun 9am-5:45pm
 Mon-Thurs 5am-8:45pm
 Fri 5am-3:45pm
 Sat CLOSED