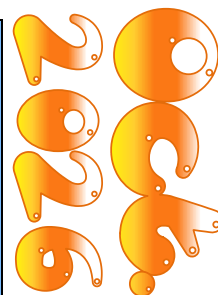


Aquatics Schedule

THERAPY POOL



Sunday		Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only Time in Therapy Pool 5:00am-3:30pm				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-3:30pm				
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
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						
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						
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						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	Closed	OPEN SWIM *Parent must be In Pool With Child * <u>No Jump Zone</u> <u>No Splash Zone</u> OPEN SWIM				
6:15 PM						
6:30 PM						
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						

**Aqua-Tabata-
Strength**
w/Lisa
8:30-9:30

Aqua-Zumba
w/Jenn
8:30-9:30

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

Closed

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

Please Note:

THERAPY POOL RULES

This pool is for therapy,
general exercise and LPC
guided swim lessons.

Adult Only Time

**5:00am-
3:30pm**

Mon.--Fri.

Adult Time

Reserved for participants
ages 18 and older.

****An Individual LPC
Swim Lesson
may be scheduled during
adult swim time****

OPEN SWIM TIME

3:30PM TO 8:45PM

Mon-Thur

9:00AM TO 5:45PM

SUNDAYS

Aqua-Tabata-Strength

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

Aqua~Zumba™

Rhythmic exercise
movements set to
fun music.