

THERAPY POOL SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | |
|----------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|--|--|----------------------------------|----------------------------------|--|
| 5:00 am | 5:00 am - 8:00 am Member Use* | 5:00 am - 10:20 am Member Use* | 5:00 am - 8:00 am Member Use* | 5:00 am - 10:20 am Member Use* | 5:00 am - 8:00 am Member Use* | CLOSED | | | | | | |
| 5:30 am | | | | | | | | | | | | |
| 6:00 am | | | | | | | | | | | | |
| 6:30 am | | | | | | | | | | 6:00 am - 8:30 am Member Use* | 6:00 am - 8:30 am Member Use* | |
| 7:00 am | | | | | | | | | | | | |
| 7:30 am | | | | | | | | | | | | |
| 8:00 am | 8:00 am - 9:00 am Hydro Therapy | | 8:00 am - 9:00 am Hydro Therapy | | 8:00 am - 9:00 am Hydro Therapy | 8:30 am - 2:00 pm Swim Lessons | 8:30 am - 2:00 pm Swim Lessons | | | | | |
| 8:30 am | | | | | | | | | | | | |
| 9:00 am | 9:00 am - 10:00 am AquaHab | | 9:00 am - 10:00 am AquaHab | | 9:00 am - 10:00 am AquaHab | | | | | | | |
| 9:30 am | | | | | | | | | | | | |
| 10:00 am | 10:00 am - 10:30 am Member Use* | 10:20 am - 10:30 am Stretch & Tone | 10:00 am - 10:30 am Member Use* | 10:20 am - 10:30 am Stretch & Tone | 10:20 am - 10:30 am Stretch & Tone | | | | | | | |
| 10:30 am | 10:30 am - 11:15 am Poolates | 10:30 am - 11:00 am Member Use* | 10:30 am - 11:15 am Poolates | 10:30 am - 11:00 am Member Use* | 10:30 am - 11:15 am Poolates | | | | | | | |
| 11:00 am | | 11:00 am - 12:00 pm AquaHab | | 11:00 am - 12:00 pm AquaHab | | | | | | | | |
| 11:30 am | 11:30 am - 12:30 pm Aqua Arthritis | | 11:30 am - 12:30 pm Aqua Arthritis | | 11:30 am - 12:30 pm Aqua Arthritis | | | | | | | |
| 12:00 pm | | 12:30 pm - 4:00 pm Member Use* | | | | | | | | | | |
| 12:30 pm | 12:30 am - 1:30 pm Aqua Arthritis | | 12:30 am - 1:30 pm Aqua Arthritis | | | | | | | | | |
| 1:00 pm | 1:30 pm - 2:00 pm Member Use* | | 1:30 pm - 2:00 pm Member Use* | 12:15 pm - 2:45 pm Swim Lessons | 1:00 pm - 2:00 pm AquaHab | | | | | | | |
| 1:30 pm | | | | | | | | | | | | |
| 2:00 pm | 2:00 pm - 3:00 pm AquaHab | | 2:00 pm - 3:00 pm AquaHab | | | | | | | | | |
| 2:30 pm | | | | | | | | | | | | |
| 3:00 pm | 3:00 pm - 4:00 pm Member Use* | | 3:00 pm - 4:15 pm Member Use* | 2:45 pm - 4:15 pm Member Use* | 2:00 pm - 6:00 pm Member Use* | 2:00 pm - 4:00 pm Member Use* | 2:00 pm - 4:00 pm Member Use* | | | | | |
| 3:30 pm | | | | | | | | | | | | |
| 4:00 pm | 4:00 pm - 7:00 pm Swim Lessons | 4:00 pm - 7:00 pm Swim Lessons | 4:00 pm - 7:00 pm Swim Lessons | 4:00 pm - 7:00 pm Swim Lessons | | | | | | | | |
| 4:30 pm | | | | | | | | | | | | |
| 5:00 pm | | | | | | | | | | | | |
| 5:30 pm | | | | | | | | | | | | |
| 6:00 pm | | | | | | | | | | | | |
| 6:30 pm | | | | | | | | | | | | |
| 7:00 pm | 7:00 pm - 8:00 pm AquaHab | 7:00 pm - 8:00 pm Aqua Zumba | 7:00 pm - 8:00 pm AquaHab | 7:00 pm - 8:00 pm Aqua Muscles | 6:00 pm - 10:00 pm Family Swim** | 4:00 pm - 10:00 pm Family Swim** | 4:00 pm - 10:00 pm Family Swim** | | | | | |
| 7:30 pm | | | | | | | | | | | | |
| 8:00 pm | 8:00 pm - 10:30 pm Member Use* | 8:00 pm - 10:30 pm Member Use* | 8:00 pm - 10:30 pm Member Use* | 8:00 pm - 10:30 pm Member Use* | | | | | | | | |
| 8:30 pm | | | | | | | | | | | | |
| 9:00 pm | | | | | | | | | | | | |
| 9:30 pm | | | | | | | | | | | | |
| 10:00 pm | | | | | | | | | | | | |
| 10:30 pm | | | | | | | | | | | | |

- During Member Use there may be private lessons in the pool
- Children ages 6 to 15 may only use the Therapy Pool during Family swim
- Children ages 5 & under may use the therapy pool at any time WITH an adult
- While AquaHab is using the therapy pool, there will be no family swim, lessons or therapy use
 - During member use/family swim time, the jets may be used at discretion