



# THERAPY POOL SCHEDULE

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

- 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