



# 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							
8:00am	8:00-9:00am HydroTherapy	10:20-10:30am Stretch & Tone	8:00-9:00am HydroTherapy	10:20-10:30am Stretch & Tone	8:00-9:00am HydroTherapy	9am-1pm Group Lessons	9am-1pm Group Lessons
8:30am							
9:00am	9:00-10:00am AquaHab		9:00-10:00am AquaHab		9:00-10:00am AquaHab		
9:30am	Member Use	11am-12pm AquaHab	Member Use	11am-12pm AquaHab	Member Use		
10:00am							
10:30am							
11:00am	11:30am-12:30pm Aqua Arthritis	12:00-4:00pm Member Use	11:30am-12:30pm Aqua Arthritis	12:15-2:45pm Group Lessons	11:30-12:30pm Aqua Arthritis		
11:30am							
12:00pm						12:30-1:30pm Aqua Arthritis	12:30-1:30pm Aqua Arthritis
12:30pm	Member Use	12:00-4:00pm Member Use	Member Use	12:15-2:45pm Group Lessons	Member Use		
1:00pm					1:00-2:00pm AquaHab		
1:30pm					1:00-4:00pm Member Use	1:00-4:00pm Member Use	
2:00pm	2:00-3:00pm AquaHab	2:00-3:00pm AquaHab					
2:30pm							
3:00pm			3:00-4:00pm Member Use	3:00-4:00pm Member Use	2:45-4:00pm Member Use	2:00-6:00pm Member Use	
3:30pm							
4:00pm	4:00-7:00pm Group Lessons	4:00-7:00pm Group Lessons	4:00-7:00pm Group Lessons	4:00-7:00pm Group Lessons			
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm	7:00-8:00pm AquaHab	7:00-8:00pm Aqua Zumba	7:00-8:00pm AquaHab	7:00-8:00pm Group Fitness	4:00-10:00pm Family Swim	4:00-10:00pm Family Swim	
7:30pm							
8:00pm	8-10:30pm Member Use	8-10:30pm Member Use	8-10:30pm Member Use	8-10:30pm Member Use			6:00-10:00pm Family Swim
8:30pm							
9:00pm							
9:30pm							
10:00pm							

- 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