

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

- The scheduled group has preference however, members or lessons may also utilize pool at other times.
- Member use is for members 16 years and older or children five and under when accompanied by an adult in the pool.
 - Children ages 5 & under may use the therapy pool at any time WITH an adult
 - During Member Use/Family Swim time, the jets may be used at discretion
 - While AquaHab is using the therapy pool, there will be no family swim, lessons or therapy use