



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THERAPY POOL SCHEDULE

MONDAY 8:00-9AM	TUESDAY 8:00-9AM	WEDNESDAY 8:00-9AM	THURSDAY 8:00-9AM	FRIDAY 8:00-9AM	SATURDAY 8:00-9AM	SUNDAY
Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	
9-10AM Shallow Water Aerobics Class	9-10AM Pump It Up Water Aerobics	9-10AM Shallow Water Aerobics Class	9:30—10AM Water Abs Class	9-10AM Shallow Water Aerobics Class	9 - 9:45AM Youth Swim Lesson	
10-10:30AM Water Abs Class	10-11:00AM Poolates	10:00-11:00AM Adult Open Swim	9-10AM Pump It Up Water Aerobics	10:00-11:00AM Adult Open Swim	9:50—10:35AM Preschool Swim Lesson	12:00-2:00 pm Adult Open Swim
11—11:45AM Aquajoints	11—11:45AM Aquajoints	11—11:45AM Aquajoints	10-11:00AM Poolates	11—11:45AM Aquajoints	10:45—11:15 am Parent Tot Swim Lessons	
11:45AM—5:30PM Adult Open Swim	11:45AM—4:00PM Adult Open Swim	11:45AM—5:30PM Adult Open Swim	11—11:45AM Aquajoints	11:45AM - 4:00PM Adult Open Swim	11:30 —12:15 pm Adult Swim Lessons	2:00-4:30 pm Family Open Swim
5:30—6:15PM Youth Swim Lesson	4-4:45PM Pump It Up Water Aerobics	4-4:45PM Aquajoints	11:45AM—4:00PM Adult Open Swim	4:00 — 8:30PM Family Open Swim	12:30-2:30 pm Adult Open Swim	
6:20-7:05PM Aqua Kick	4:50-5:20PM Water Abs Class	4:50-5:20PM Water Abs Class	4-4:45PM Pump It Up Water Aerobics		1:00-1:30pm Youth w/Special Needs	
7:05—8:30PM Family Open Swim	5:30—6:15PM Preschool Swim Les- son	5:30—6:15PM Youth Swim Lesson	4:50-5:20PM Water Abs Class		2:30-4:30 pm Family Open Swim	
	6:20-7:05PM Aquajoints	6:15-8:30PM Family Open Swim	5:30—6:15PM Preschool Swim Les- son			
	7:10-8:30PM Family Open Swim		6:20-7:05PM Aquajoints			
			7:10-8:30PM Family Open Swim			

The Therapy Pool is still open for Adult Open Swim during water classes as long as there is room for anyone wanting to participate in the class. If there is anyone waiting to take class, please be respectful and exit the water to make room for class participants.

No one will be allowed in the Therapy Pool during regular scheduled swim lessons.