

Therapy Pool Availability - September 6, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am - 8:00am					7:00 am - 8:00am Aqua Easy Movement
8:00am - 8:30am					
8:30am - 9:00am					
9:00am - 9:30am		9:00-10:00am Aqua Energize			
9:30am -10:00am					
10:00am - 10:30am					
10:30am - 11:00am			10:30-11:30am Aquaize w/ Arthritis		10:30-11:30am Aquaize w/ Arthritis
11:00am - 11:30am					
11:30am - 12:00pm					
12:00pm - 12:30pm					
12:30pm - 1:00pm					
1:00pm - 1:30pm					
1:30pm - 2:00pm					
2:00pm -2:30pm					
2:30pm - 3:00pm					
3:00pm - 3:30pm					
3:30pm - 4:00pm					
4:00pm - 4:30pm					
4:30pm - 5:00pm					
5:00pm - 5:30pm			5:00-6:00pm Aqua Energize		
5:30pm - 6:00pm					
6:00pm - 6:30pm					
6:30pm - 7:00pm					
7:00pm - 7:30pm					Center Closes at 7 pm
7:30pm - 8:00pm					

	Saturday	Sunday
7:00am - 9:30am		
9:30am - 10:00am		
10:00am - 10:30am		
10:30am - 11:00am		
11:00am - 11:30am		
11:30am-12:00pm		
12:00pm-12:30pm		
12:30pm-1:00pm		

Color Key:

- Open
- Therapy Pool RESERVED for Aqua Class

Group Exercise Classes:

- Please be aware that aquatic classes may begin adjusting equipment and/or lane markers no more than 5 minutes prior to the start of a class.
- The Therapy Pool is closed to non-participants during all Aqua Classes. Non-class participants are welcome to use the Lap Pool until the class has finished. Please do not enter the therapy pool if the yellow "Aqua Class in Session" sign is on display. All members in the pool during a class are required to participate in the class.

