

Therapy Pool Availability - January 6, 2023

	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				8:30-9:30pm Aqua Energize	
9:00am - 9:30am					
9:30am -10:00am					
10:00am - 10:30am					
10:30am - 11:00am		10:30-11:30am Aquaquizze w/ Arthritis	10:30-11:30am Aquaquizze w/ Arthritis		10:30-11:30am Aquaquizze 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-5:10pm Children's lessons (pool open)				3:30pm-5:10pm Children's lessons (pool open)
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		
1:00pm - 1:30pm		
2:00pm - 2:30pm		
2:30pm - 3:00pm		

Color Key:

- Open
- Therapy Pool RESERVED for Aqua Class
- Pool remains OPEN during children's swim lessons

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.

Children's Private Lessons

Children's Private Lessons may occur outside of group lesson times. Pools will remain OPEN. See front desk for more information on when private lessons are occurring.

