

## Pool Schedule\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am – 8am Open Swim/Water Walking	5:30am – 9:30am Open Swim/Water Walking	5:30am – 8am Open Swim/Water Walking	5:30am – 9:30am Open Swim/Water Walking	5:30am – 8am Open Swim/Water Walking	8am – 10:25am Open Swim/Water Walking
8:05am – 11:55am Aquacise/Total Water Fitness (TWF) <i>every hour</i>	9:30am – 10:30am Aquatic Physical Therapy	8:05am – 11:55am Aquacise/Total Water Fitness (TWF) <i>every hour</i>	9:30am – 10:30am Aquatic Physical Therapy	8:05am – 11:55am Aquacise/Total Water Fitness (TWF) <i>every hour</i>	10:30am – 11:30am Beachball Volleyball
12pm – 2:25pm Open Swim/Water Walking	10:30am – 11am Open Swim/Water Walking	12pm – 2:25pm Open Swim/Water Walking	10:30am – 11am Open Swim/Water Walking	12pm – 2:25pm Open Swim/Water Walking	
2:30pm – 3:30pm Aquatic Physical Therapy	11:05am – 12pm Aquacise/Total Water Fitness (TWF)	2:30pm – 3:30pm Aquatic Physical Therapy	11:05am – 12pm Aquacise/Total Water Fitness (TWF)	2:30pm – 3:30pm Aquatic Physical Therapy	
3:35pm – 7:30pm Open Swim/Water Walking	12:30pm – 4:55pm Open Swim/Water Walking	3:35pm – 7:30pm Open Swim/Water Walking	12:30pm – 4:55pm Open Swim/Water Walking	3:35pm – 4:25pm Aqua Zumba	
	5pm – 6pm Beachball Volleyball		5pm – 6pm Beachball Volleyball	4:30pm – 7:30pm Open Swim/Water Walking	
	6:05pm – 7:30pm Open Swim/Water Walking		6:05pm – 7:30pm Open Swim/Water Walking		

\*Schedule effective 6/1/19 and is subject to change. Pool will close if thunder and/or lightning are present. Use of pool and classes is included with regular membership. Pool closes 30-minutes before facility. Aqua/Aerobic Membership is \$34/month.

**Open Swim/Water Walking:** Pool is open for all members - divided to accommodate water walking and lap swimming (kick boards, water noodles and other devices are available for use).

**Aquatic Physical Therapy:** The skilled practice of physical therapy in an aquatic environment by a physical therapist or PT assistant. The therapy is designed to enhance land-based interventions for patients with musculoskeletal and/or neuromuscular conditions.

**Aquacise/Total Water Fitness (TWF):** Classes designed to provide a low to mid-impact aerobic workout in the swimming pool through a variety of activities and movements. Cardiovascular and strength training exercises are included and a variety of tools such as water dumbbells and noodles are used.

**Beachball Volleyball:** Fun, non-competitive games open to players of all skill levels.

**Aqua Zumba:** Jump in the pool and dance away the calories in this Latin dance inspired class. This water workout is a fun, low-impact way to get in on the dance party.