



THERAPY POOL SCHEDULE- SUMMER: JULY 23RD - SEPTEMBER 2ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15AM Adult Swim	5:30-9:00AM Adult Swim	5:30-6:15AM Adult Swim	5:30-9:00AM Adult Swim	5:30-6:15AM Adult Swim	8:00-9:00AM Adult Swim	8:00-12:00PM Family Swim
6:15-7:00AM (4) Water Aerobics (Cathy)		6:15-7:00AM (4) Water Aerobics (Lynn)		6:15-7:00AM (4) Water Aerobics (Cathy)		
7:00-7:30AM Adult Swim		7:00-7:30AM Adult Swim		7:00-7:30AM Adult Swim	7:00-7:30AM Adult Swim	
7:30-8:15AM (4) Water Aerobics (Marsha)	9:00-11:00AM Family Swim	7:30-8:15AM (4) Water Aerobics (Andrea)	9:00-10:30AM Family Swim	7:30-8:15AM (4) Water Aerobics (Andrea)	10:00-11:00PM Swim Lessons	
8:15-9:00AM Adult Swim		8:15-9:00AM Adult Swim	10:30-11:00AM Swim Lessons	8:15-9:00AM Adult Swim	11:00-12:00PM Family Swim	
9:00-9:45AM Twinges and Hinges	11:00-11:45AM Twinges and Hinges	9:00-9:45AM Twinges and Hinges	11:00-11:45AM Twinges and Hinges	9:00-9:45AM Twinges and Hinges	12:00-2:00PM Adult Swim	
9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim		2:00-3:00PM Family Swim
11:00-11:45AM Twinges and Hinges	2:00-3:30PM Family swim	11:00-11:45AM Twinges and Hinges	2:00-3:30PM Family swim	11:00-11:45AM Twinges and Hinges		
11:45-2:00PM Adult Swim	3:30-4:00PM Adult Swim	11:45-2:00PM Adult Swim	3:30-4:00PM Adult Swim	11:45-2:00PM Adult Swim		
2:00-4:45PM Family swim	4:00-5:00PM (4) Water Aerobics (Marigene)	2:00-4:45PM Family swim	4:00-5:00PM (4) Water Aerobics (Marigene)	2:00-8:30PM Family swim		
4:45-5:30PM Swim Lessons	5:00-6:00PM Family Swim	4:45-5:30PM Swim Lessons	5:00-6:00PM Family Swim	2:00-8:30PM Family swim	<p>PLEASE NOTE: All aerobics classes are family friendly, children 10 and older may attend and participate with an adult present.</p> <p>Only persons over the age of 18 are allowed to swim during adult swim times.</p> <p>Therapy Pool is kept at 92 degrees and is 4ft 7in deep all around.</p>	
5:30-6:30PM (4) Water Aerobics (Carrie)	6:00-7:00PM Water Aerobics (Barb)	5:30-6:30PM (4) Water Aerobics (Cathy)	6:00-7:00PM Water Aerobics (Lesa)			
6:30-7:30PM Swim Lessons	7:00-7:45PM Pre-Natal Class (Deb)	6:30-7:30PM Swim Lessons	7:00-7:45PM Pre-Natal Class (Deb)			
7:30-8:30PM Family swim	7:45-8:30PM Family swim	7:30-8:30PM Family swim	7:45-8:30PM Family swim			