

## Fitness Center Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
5am	Open Pools					
6am	Open Pools					
7am	Open Pools					
8am	Open Pools					
9am	9:00 Club H <sub>2</sub> O Walk * Sharrell THERAPY Pool Open	9:00 RAA Plus *+ § Clinton 9:00 Physical Therapy	9:00 Club H <sub>2</sub> O Walk * Lauren THERAPY Pool Open	9:00 RAA Plus *+ § Noah 9:00 Physical Therapy	9:00 Club H <sub>2</sub> O Walk * Sharrell THERAPY Pool Open	
10am	10:00 AFAP *+ § Joel 10:30 H <sub>2</sub> O Aerobics * Matt	10:00 AFAP *+ § Lauren LAP Pool Open	10:00 AFAP *+ § Sharrell 10:30 H <sub>2</sub> O Aerobics * Kim	10:00 AFAP *+ § Joel LAP Pool Open	THERAPY Pool Open 10:30 H <sub>2</sub> O Aerobics * Maxine	
11am	11:00 AFAP *+ § Joel LAP Pool Open	THERAPY Pool Open 11:30 H <sub>2</sub> O Aerobics * Maxine	Open Pools		11:00 AFAP *+ § Noah 11:30 H <sub>2</sub> O Aerobics * Maxine	
12pm	12:00 OBF H <sub>2</sub> O Aerobics § Tatum 12:00 AFAP *+ § Clinton	12:00 AFAP *+ § Clinton LAP Pool Open	12:00 AFAP *+ § Joel LAP Pool Open	12:00 AFAP *+ § Joel LAP Pool Open	12:00 OBF H <sub>2</sub> O Aerobics § Sarah 12:00 AFAP *+ § Lauren	
1pm	1:00 Fibromyalgia *+ Lauren 1:00 Spine Wellness *+ Clinton	Open Pools		Pools Closed for Maintenance	1:00 Spine Wellness *+ Noah 1:45-6 Swim Lessons (4.5 hrs) Both Pools	
2pm	2:00 Physical Therapy	2:00 Physical Therapy	2:00 Physical Therapy	2:00 Physical Therapy	Swim Lessons (4.5 hrs) Both Pools	
3pm	THERAPY Pool Open 3:30 Family Swim begins	Open Pools		Open Pools		
4pm	THERAPY Pool Open 4:30 Family Swim ends	4:00 Swim Lessons (90) LAP Pool Open	THERAPY Pool Open 4:30 Family Swim ends	4:00 Swim Lessons (90) § LAP Pool Open	Swim Lessons (4.5 hrs) Both Pools Family Swim (4hrs) Lap	
5pm	5:45 AFAP *+ § Kelly LAP Pool Open	5:45 AFAP *+ § Laura LAP Pool Open	5:45 AFAP *+ § Kelly LAP Pool Open	5:45 AFAP *+ § Inbar LAP Pool Open	Swim Lessons (4.5 hrs) Both Pools Family Swim (4hrs) Lap	
6pm	6:30 THERAPY Pool Open 6:30 H <sub>2</sub> O Aerobics Sidney	6:00 LAP Pool Open 6:30 THERAPY Pool Open	6:30 Therapy Pool Open 6:30 H <sub>2</sub> O Aerobics Kelley	6:30 Therapy Pool Open 6:30 Aqua Cardio Mix Inbar	THERAPY Pool Open 6:30 H <sub>2</sub> O Aerobics * Nicki	
7pm	Open Pools		Open Pools		Open Pools until 7:30pm	
	Saturday	Sunday	<b>Please Note:</b> * Denotes 45 min class All other classes are 60 minutes or longer § Registration and/or additional cost + Medical clearance required		Color Key	
	9:00-2:00 Swim Lessons Therapy 9:00 Bariatric Aqua Class *+ § Kelly 10:15 H <sub>2</sub> O Aerobics Sidney 11:30-2:00 Swim Lessons Both 1:00-4:30 Family Swim 2:00-4:30 THERAPY Pool Open	THERAPY POOL OPEN 12:00-4:30			Swim Lessons 12:00-4:30	
		Family Swim 2:00-4:30			Both Pools	
					Lap Pool	
					Open Pool	
			Last updated:		3/7/19	

