

## HealthTrack Sports Wellness

### WINTER THERAPY POOL SCHEDULE January 7th-March 17th

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Hours	Saturday	
5-6am						6-7:30am		
6-7						7:30-8	<b>Pool Closed</b> \$\$ Swim Classes	
7-8	Adults Only 7-9am	Adults Only 7-9am	Adults Only 7-9am	Adults Only 7-9am	Adults Only 7-9am	8-8:30		
8-9						8:30-9		
9-10	\$Swim Classes\$ 9-11 am	\$\$ Swim Classes 9-11:30am	\$\$ Swim Classes 9-12pm	\$Swim Classes\$ 9-11 am	\$Swim Classes\$ 9-11:30pm	9-10	\$Swim Classes\$ 9-11:30 am Class Participants Only	
10-11								
11-11:30	Adults Only 11-12:45pm			Adults Only 11-1:30pm		11:30-12:30	\$Private& Lessons	
11:30-12								12:30-2
12-12:30							2-3	
12:30-12:45							3-4	<b>Family Swim</b> 3-7pm No Guard
12:45-1					4-5			
1-1:30		Adults Only 1-3pm	<b>Pool Closed</b> Warm Water Pilates 1-1:45		5-7			
1:30-1:45					7-8pm			
1:45-2					Adults Only 1:30-3:30pm			
2-3	Adults Only 2-4pm		Adults Only 2-4pm			<b>Hours</b>	<b>Sunday</b>	
3-3:30						7-8am		
3:30-4						9-10	Adult Only 9-11pm	
4-4:30	\$Swim Classes\$ 4-5:45 pm	\$Swim Classes\$ 4-5:45 pm	\$Swim Classes\$ 4:00-5:45 pm	\$Swim Classes\$ 4-5:45 pm	<b>Family Swim</b> 4:30-7:30pm No Guard	10-11		
4:30-5:30	Class Participants Only	Class Participants Only	Class Participants Only	Class Participants Only		11-12		
5:30-5:45						12-1		
6:15-6:30	\$Private\$ Lessons		\$Private\$ Lessons			1-2		
6:30-6:45		<b>Pool Closed</b> \$\$ Artho/Fibromyalgia Class		<b>Pool Closed</b> \$\$ Artho/Fibromyalgia Class		2-3		
6:45-7:15						3-4	<b>Family Swim</b> 3-7pm No Guard	
7:15-7:30						4-5		
7:30-8:30						5-6		
8:30-9:30						6-7		
9:30-10:30pm						7-8pm		

Effective Jan 7th 2019 Both pools are open during all club hours.

Temperature 90-92degrees.

\$\$ - these classes require a fee and sign-up.