

Therapy Pool Schedule

Adult Supervision required for swimmers under the age of 16

| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Hours | Saturday/Sunday |
|---------|--|--|---|--|--------------------------------|--|---|
| 5-6am | | | | | | 7-8am | |
| 6-7 | | | | | | 8-9 | |
| 7-8 | | | | | | 9-10 | |
| 8-9 | | | | | | 10-11 | |
| 9-10 | Adults & Private Instruction <u>ONLY</u> 9am-11am | Adults & Private Instruction <u>ONLY</u> 9am-11am | | Adults & Private Instruction <u>ONLY</u> 9am-11am | | 11-12pm | |
| 10-11 | | | | | | 12-1 | |
| 11-12 | | | | | | 1-2 | Adults & Private Instruction <u>ONLY</u> 1pm-3pm |
| 12pm | | | Warm Water Pilates 12pm-12:45pm *45 minutes | | Warm Water Tai Chi 12pm-1pm | 2-3 | |
| 12:30-1 | | | | Adults & Private Instruction <u>ONLY</u> 1pm-3pm | | | Adults & Private Instruction <u>ONLY</u> 1pm-3pm |
| 1-2 | | | | | | | |
| 2-3 | | | | | | 5-close | |
| 3-4 | | | | | | Club Hours: Monday - Friday 5am - 10pm Saturday 7am - 7pm Sun 7am-6pm *Pool closed during Group Lessons *Private Lessons may be given at any time Temp: 90-92 degrees | |
| 4-5 | | | | | | | |
| 5-6 | | | Family Swim 5pm-7pm | Family Swim 5pm-7pm | Family Swim 5pm-7pm | | |
| 6-7 | | Balance Breath 6:30pm-7:30pm | | | | | |
| 7-8 | | | | | | | |
| 8-10 | | | | | | | |