

# 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	Adult Swim 7-9am	Adult Swim 7-9am
6-7						8-9		
7-8						9-10	Parent/Toddler Lesson 9-9:30am 4/13 - 4/27	Paddlers Lessons 9-9:30 am (6 wks)
8-9						10-11	Group Lessons 9:45 - 11:30 am Class Dates: 4/13 - 5/18	Group Lessons 9:45 - 11:30 am Class Dates 4/14 - 5/19
9-10	Adults & Private Instruction 9am-11am	Adults & Private Instruction 9am-11am	Adults & Private Instruction 9-11am	Adults & Private Instruction 9am-11am	Adults & Private Instruction 9-11am	11-12		
10-11						12-1		
11-12						1-2		
12pm			Warm Water Pilates** 12-12:45pm		Warm Water Tai Chi 12-1pm	2-3	Family Swim 2-4pm	Family Swim 2-4pm
12:30-1				3-4				
1-2	Family Swim 1-3 pm	Family Swim 1-3 pm	Family Swim 1-3pm	Family Swim 1-3pm	Family Swim 1-3pm	4-5		
2-3						5-close		
3-4						<b>Club Hours:</b>  Monday - Friday 5am - 10pm Saturday 7am - 7pm      Sunday 7am-6pm  *Pool closed during Group Lessons *Private Lessons may be given at any time  Temp: 90-92 degrees		
4-5								
5-6		Warm Water Tai Chi 6:45-7:45pm						
6-7								
7-8								
8-10								

\*\*Sign-up required

4/4/2024 7:06 PM