

Activity Pool Schedule (around 84 degrees)

Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:00 – 8:00	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
8:00 – 9:25	½ Open / ½ Lap	½ Open / ½ Lap	½ Open / ½ Lap	½ Open / ½ Lap	½ Open / ½ Lap
9:30 – 10:25	½ Open / ½ Lap	Water Fit	½ Open / ½ Lap	Water Fit	½ Open / ½ Lap
10:30 – 11:25	Hydro Fit – Noodle Workout	SilverSneakers® Splash	Hydro Fit – Noodle Workout	SilverSneakers® Splash	Hydro Fit – Noodle Workout
11:30 – 12:25	SilverSneakers® Splash	Silver&Fit Aqua Zumba	SilverSneakers® Splash	Silver&Fit Aqua Zumba	SilverSneakers® Splash
12:30 – 3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00 – 6:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

Therapy Pool Schedule (90 degrees or above)

Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:30 – 8:25	Joints In Motion	Open Swim	Joints In Motion	Open Swim	Joints In Motion
8:30 – 9:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
9:00 – 9:55	Joints In Motion	Arthritis Foundation	Joints In Motion	Arthritis Foundation	Joints In Motion
10:00 – 10:55	Water Aerobics	Open Swim	Water Aerobics	Open Swim	Water Aerobics
11:00 – 1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
1:00 – 1:55	Arthritis Foundation	Open Swim	Arthritis Foundation	Open Swim	Arthritis Foundation
2:00 – 2:55	Water Aerobics	Open Swim	Water Aerobics	Open Swim	Water Aerobics
3:00 – 4:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 – 5:25	Open Swim	Water Aerobics	Open Swim	Water Aerobics	Open Swim
5:30 – 6:25	Water Aerobics	Water Strength	Water Aerobics	Water Strength	Open Swim