

# Pool Schedule

January 2019

Please call the Fitness Center at 775-9851 for an orientation before using the pool.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>5:30am-1:00pm Open</u>	<u>5:30am-9:00am Open</u>	<u>5:30am-9:00am Open</u>	<u>5:30am-9:00am Open</u>	<u>5:30am-9:00am Open</u>	<u>5:30am-10:00pm Open</u>	<u>5:30am-1:00pm Open</u>
	9:00am-9:45am Water Aerobics	9:00am-9:45am Water Aerobics	9:00am-9:45am Water Aerobics	9:00am-9:45am Water Aerobics		
	10:15am-11:00am Water Arthritis	10:15am-11:00am Water Arthritis	10:15am-11:00am Water Arthritis	10:15am-11:00am Water Arthritis		
	<u>11:00am-7:00pm Open</u>	11:30am-12:30pm Therapy Pool Water Yoga	<u>11:00am-2:00pm Open</u>	11:30am-12:30pm Therapy Pool Water Yoga		
<b>*1:00pm-5:00pm Family Swim with Aquatic Guard</b>	2:30pm-3:15pm Therapy Pool Arthritis Program	<u>11:00am-4:30pm Open</u>	<b>*2:00pm-7:00pm Family Swim With Aquatic Guard</b>	<u>11:00am-4:30pm Open</u>	2:30pm-3:15pm Therapy Pool Arthritis Program	<b>*1:00pm-5:00pm Family Swim with Aquatic Guard</b>
<u>5:00pm-7:00pm Open</u>	3:30pm-4:30pm Therapy Pool Tai Chi	4:30-5:15pm Water Aerobics		4:30pm-5:15pm Water Aerobics	3:30pm-4:30pm Therapy Pool Tai Chi	<u>5:00pm-10:00pm Open</u>
Joe's Class 7:00pm-8:00pm	Joe's Class 7:00pm-8:00pm	Joe's Class 7:00pm-8:00pm	<u>7:00pm-10:00pm Open</u>	Joe's Class 7:00pm-8:00pm	<u>5:30am-10:00pm Open</u>	
<u>8:00pm-10:00pm Open</u>	<u>8:00pm-10:00pm Open</u>	<u>8:00pm-10:00pm Open</u>		<u>8:00pm-10:00pm Open</u>		

**\*We welcome children 15 or younger to our pool on Saturdays and Sundays from 1-5pm and on Wednesdays from 2-7pm.\***

The children from the Kendal Early Learning Center swim every other Weds. from 2:30-3:30.

Please do not interrupt classes while they are in session.

**For your safety, NEVER swim alone**