

THERAPY POOL SCHEDULE

Aquatic Center hours differ from facility hours.

SCHEDULE

CLASSES

SUN	ADULT ONLY: 7 AM-6 PM	NO CLASSES
MON	ADULT ONLY: 5 AM-8:30 AM, 12:15- 2 PM, 2:45-6 PM, 6:45-8:30 PM	8:30-9:15 AM Aqua Arthritis (Beth) 9:30-10:15 AM Fun & Fit (Beth) 10:30-11:15 AM Aqua Arthritis (Esther) 11:30 AM-12:15 PM Ai Chi (Esther) 2:00-2:45 PM Aqua Arthritis (Diane) 6:00-6:45 PM Aqua Power (Susan)
TUES	ADULT ONLY: 5 AM-8:30 AM, 11:15 AM- 6 PM, 6:45-8:30 PM	8:30-9:15 AM Fun & Fit (Susan) 9:30-10:15 AM Aqua Power (Susan) 10:30-11:15 AM Ai Chi (Susan) 6:00-6:45 PM Aqua Fit (Laura)
WED	ADULT ONLY: 5 AM-8:30 AM, 12:15- 2 PM, 2:45-6 PM, 6:45-8:30 PM	8:30-9:15 AM Aqua Arthritis (Theresa) 9:30-10:15 AM Fun & Fit (Denise) 10:30-11:15 AM Aqua Arthritis (Denise) 11:30 AM-12:15 PM Ai Chi (Denise) 2:00-2:45 PM Aqua Arthritis (Diane) 6:00-6:45 PM Aqua Fit (Michelle)
THURS	ADULT ONLY: 5 AM-8:30 AM, 11:15 AM- 6 PM, 6:45-8:30 PM	8:30-9:15 AM Fun & Fit (Susan) 9:30-10:15 AM Aqua Power (Susan) 10:30-11:15 AM Ai Chi (Susan) 6:00-6:45 PM Aqua Power (Denise)
FRI	ADULT ONLY: 5 AM-8:30 AM, 12:15- 2 PM, 2:45-6 PM, 6:45-8:30 PM	8:30-9:15 AM Aqua Arthritis (Theresa) 9:30-10:15 AM Fun & Fit (Beth) 10:30-11:15 AM Aqua Arthritis (Denise) 11:30 AM-12:15 PM Ai Chi (Denise) 2:00-2:45 PM Aqua Arthritis (Diane) 6:00-6:45 PM Aqua Fit (Michelle) NEW!
SAT	ADULT ONLY: 7-9 AM, 11:15-6 PM	7:00-7:45 AM Aqua Fit (Diana) 8:00-8:45 AM Aqua Fit (Diana)

Our warm water Therapy Pool is great for fitness classes. It provides multiple entry methods, including a zero-depth entry with a railing to hold for support, stairs, ladders, and chair lift.

MUST BE 18 or older to use unless accompanied by a Five Points Instructor for group or private swim lessons.