

# THERAPY POOL SCHEDULE

**Aquatic Center hours differ from facility hours.**

## SCHEDULE

## CLASSES

SUN	<b>ADULT ONLY:</b> 7 AM-6 PM	<b>NO CLASSES</b>
MON	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 11:15-2 PM, 2:45-6 PM, 6:45-8:30 PM	8:30-9:15 AM <b>Aqua Arthritis</b> (Beth) 9:30-10:15 AM <b>Fun &amp; Fit</b> (Beth) 10:30-11:15 AM <b>Aqua Arthritis</b> (Esther) 2:00-2:45 PM <b>Aqua Arthritis</b> (Diane) 6:00-6:45 PM <b>Aqua Power</b> (Susan)
TUES	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 11:15 AM-5 PM 7:15-8:30 PM	8:30-9:15 AM <b>Fun &amp; Fit</b> (Susan) 9:30-10:15 AM <b>Aqua Power</b> (Susan) 10:30-11:15 AM <b>Ai Chi</b> (Susan)
WED	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 11:15- 2 PM, 2:45-6 PM, 6:45-8:30 PM	8:30-9:15 AM <b>Aqua Arthritis</b> (Mollie) 9:30-10:15 AM <b>Fun &amp; Fit</b> (Denise) 10:30-11:15 AM <b>Aqua Arthritis</b> (Denise) 2:00-2:45 PM <b>Aqua Arthritis</b> (Diane) 6:00-6:45 PM <b>Aqua Fit</b> (Michelle)
THURS	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 11:15 AM-5 PM 7:15-8:30 PM	8:30-9:15 AM <b>Fun &amp; Fit</b> (Susan) 9:30-10:15 AM <b>Aqua Power</b> (Susan) 10:30-11:15 AM <b>Ai Chi</b> (Susan)
FRI	<b>ADULT ONLY:</b> 5 AM-8:30 AM, 12-2 PM, 2:45- 8:30 PM	8:30-9:15 AM <b>Aqua Arthritis</b> (Beth) 9:30-10:15 AM <b>Fun &amp; Fit</b> (Beth) 10:30-11:15 AM <b>Aqua Arthritis</b> (Denise) 11:15 AM-12:00 PM <b>Ai Chi</b> (Denise) 2:00-2:45 PM <b>Aqua Arthritis</b> (Diane)
SAT	<b>ADULT ONLY:</b> 11:15-6 PM	7:05-7:50 AM <b>Aqua Fit</b> (Diana) 8:00-8:45 AM <b>Aqua Fit</b> (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.**