

Pool Schedule- 2018

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

Turn over for Rules