

Extended Therapy Pool Hours Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8-9 am Open Swim	8-9 am Open Swim	8-9 am Open Swim	8-9 am Open Swim	8-8:30 am Open Swim	8-9 am Open Swim	8-8:30 am Open Swim
Backer Therapy Pool	9-9:45 am Aquaajoints	9-9:50 am Yoqua	9-9:45 am Aquaajoints	9-9:50 am Yoqua	8:30-9:15 am Aquaajoints	9-12 am Swim Lessons	8:30-9:30 am Ai Chi
	9:50-10:45 am Aquaajoints	10-10:45 am Aquaajoints	9:50-10:45 am Aquaajoints	10-10:45am Aquaajoints	9:15-11:30 am ECE Swim Lessons	12-1 pm Family Swim	9:30-10:30 am Adult Swim
	10:45-11:45 am Fit Joints Plus	10:45-11:45 am Aquaajoints	10:45-11:45 am Fit Joints Plus	10:45-11:45am Aquaajoints	11:30 am-1 pm Open Swim	1-2 pm Adult Swim	10:30 am-Noon Family Swim
	12:15-1:15pm ECE Swim Lessons	12:15-1:45pm ECE Swim Lessons	12-5 Open Swim	12-1 pm Open Swim	1-2 pm Fit Joints Plus	2:30-4:30 Possible Rental	12-3 pm Swim Lessons
	1:30-4 pm Open Swim	2-5 pm Pool Rental	5-6 pm Adult Swim	1-4 pm Swim Lessons/ Rental	2-3 pm Adult Swim	4:30-6 Open Swim	3-4 pm Pool Rental
	4-5 pm Swim Lessons	5-5:30 pm Open Swim	6-7 pm Ai Chi	4-5:30 pm Open Swim	3-5:30 pm Family Swim		4:30-6 Open Swim
	5-6 pm Adult Swim	5:30-6:30 pm Aqua Pilates		5:30-6:30pm Aqua Pilates			
	6-7 pm Ai Chi	6:30-7:30 pm Aquaajoints		6:30-7:30pm Aquaajoints			

Family swim: The water will be more shallow during this time to allow for younger children to be able to enjoy the water with their family. (1.5 ft to 2 ft, dependant on patrons)

Adult swim: The pool is reserved for adults to do water exercises/swim and enjoy the water exclusively.

Open swim: The pool will be kept at about 3.5-4ft and is available for swim lessons, water aerobics, or recreational swimming.

Pool rental and/or Swim lessons:The pool is exclusively reserved for either an outside group to utilize our pool or for our swim lesson programs to take place.

Possible Rental: This is a time that we typically host Splish Splash birthday parties, so the pool may not be available if one is scheduled. Please check with Membership Services in advance if you plan to swim during that time.