

Effective Monday, August 3, 2020

WARM WATER POOL OPEN HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN TIME 5:00-9:00am	OPEN TIME 5:00-10:00am	OPEN TIME 5:00-7:30am	OPEN TIME 5:00-3:45pm	OPEN TIME 5:00-9:00am	OPEN TIME 6:00-9:00am	OPEN TIME 7:00-4:00pm
		Arthritis Loralee 7:45 - 8:30am				
Arthritis Marylee 9:15 - 10:00am				Arthritis Kate 9:15 - 10:00am	Arthritis Pam 9:15-10:00am	
	Arthritis Marylee 10:15 - 11:00am			Arthritis Loralee 10:15 – 11am		
OPEN TIME 10:15-11:30am	OPEN TIME 11:15-12:15pm	OPEN TIME 8:45-12:00pm		OPEN TIME 11:15-12:15pm	OPEN TIME 10:15-6:00pm	
	Physical Therapy 12:15-1:45pm					
Arthritis Kris 11:45 - 12:30pm		Arthritis Kris 12:15 - 1:00pm		Physical Therapy 12:15-1:45pm		
OPEN TIME 12:45-3:45pm	OPEN TIME 1:45-9:00pm			OPEN TIME 1:45-8:00pm		
Physical Therapy 3:45-5:45pm		OPEN TIME 1:15 – 5:30PM	Physical Therapy 3:45-5:45pm			
Arthritis Kris 5:45 - 6:30pm		Arthritis Pam 5:45 - 6:30pm				
OPEN TIME 6:45-9:00pm		OPEN TIME 6:45-9:00pm	OPEN TIME 5:45-9:00pm			

In order to ensure social distancing, we have a limited number of spots available for each class. Participants are required to register by calling the front desk at 847.535.7060 the day before their favorite class. Members are not allowed to enter the pool during class times or while there is patient care with Physical Therapy, only during "OPEN TIME". A few things to know:

- We recommend arriving 15 minutes before class to allow time for the screening process and avoid losing your spot in class.
- You will need to wear a mask to enter the building but it is not required while working out. We ask that you adhere to the 6 foot social distancing policy.
- We ask that you cancel at least 6 hours before the scheduled time by calling the front desk at 847.535.7060.
- Classes will be 45 minutes in length to allow for cleaning between classes.
- No lap swimming allowed.
- Maintain a clear path in pool.
- Members are required to shower before entering the pool.
- Diving, jumping, loud activity, food or beverages are not permitted in the pool area
- Please keep turbulence and/or splashing to a minimum.

For more information, please contact Amy Rosales, Group Exercise Manager at 847.535.7632 or arosales@nmhfc.com.