

Effective Dates: Tuesday, September 8 – Sunday, September 13

WARM WATER POOL OPEN HOURS

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

Participants are required to register for their favorite class September 8 – 13 by calling the front desk at 847.535.7060 the day before. Beginning on **Tuesday, September 8**, members can register for the upcoming 8-week session of the Arthritis program which begins on **Monday, September 14th**. Participants can register for a maximum of two classes per week.

- **Reservations are required for Aqua Yoga and Ai chi.** Register by calling the front desk the day before at 847-535-7060.
- 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, as well as entering and exiting the pool area. A mask is not required while working out. We ask that you maintain 6 foot social distancing per our policy.
- 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.

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