

Effective: February 8, 2020

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 Kate/Pam 10:15 - 11 am	Aqua Yoga Canella 10:15 - 11 am	
	OPEN TIME 11:15-12:00 pm	OPEN TIME 8:45-11:00 am		OPEN TIME 11:15-12:00pm	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		Physical Therapy 12:15-1:45 pm		
OPEN TIME 12:45-3:30 pm	OPEN TIME 2:00-9:00 pm		OPEN TIME 1:15-3:30 pm	OPEN TIME 2:00-8:00 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 6:00-9:00 pm			

Arthritis Classes: Beginning on *Monday, February 1*, members can register for the upcoming 4-week session of the Arthritis program which runs from *Monday, February 8 thru Sunday, March 7, 2021*. *Participants can register for a maximum of two arthritis classes per week.*

• **Reservations are required the day before for Aqua Yoga.**

- We recommend arriving 15 minutes before class to allow time for the screening process and avoid losing your spot in class.
- A mask is required while working out in the warm water therapy pool. You will need to wear a mask to enter the building, as well as entering and exiting the pool area. 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, allowing others to move freely.
- Members are required to shower before entering the pool.
- Diving, jumping, loud activity, food or beverages are not permitted in the pool area.
- **Members are not allowed in the warm water pool during class times or physical therapy. Refer to the aquatic schedule for OPEN TIME.**
- Studios and pools are a cell free zone.

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