

# WARM WATER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN TIME 5:00-9:00am	OPEN TIME 5:00-9:00am	OPEN TIME 5:00-7:45am	OPEN TIME 5:00-9:00am	OPEN TIME 5:00-9:00am	OPEN TIME 6:00-9:00am	OPEN TIME 7:00-10:00am
		Arthritis Loralee 8:00 - 8:50am				
Arthritis Marylee 9:15-10:05am	Arthritis Marylee 9:15-10:05am		Arthritis Kate 9:15-10:05am	Arthritis Kate 9:15-10:05am	Arthritis Pam 9:15-10:05am	
Arthritis Pam 10:15-11:05am	Arthritis Kate 10:15-11:05am		Ai Chi (AOA) Kris 10:15-11:05am	Arthritis Pam 10:15-11:05am	Aqua Yoga Canella 10:15-11:05am	
	OPEN TIME 11:15-12:00 pm	OPEN TIME 9:00-11:00am		OPEN TIME 11:15-12:00pm	OPEN TIME 11:15-6:00 pm	OPEN TIME 11:15-4:00pm
	Physical Therapy 12:15-1:45pm	Arthritis Kris 11:15-12:05pm	Arthritis Kris 11:15-12:05pm			
Arthritis Kris 11:45- 12:35pm		Arthritis Kris 12:15-1:05pm		Physical Therapy 12:15-1:45pm		
OPEN TIME 12:45-3:30pm	OPEN TIME 2:00-4:30pm	OPEN TIME 1:15-5:30pm	OPEN TIME 12:15-3:30pm	OPEN TIME 2:00-8:00 pm		
Physical Therapy 3:45-5:45pm	Arthritis Kris 4:45 - 5:35pm		Physical Therapy 3:45-5:45pm			
Arthritis Kris 6:00-6:50pm	Aqua Yoga Canella 5:45 – 6:35pm	Arthritis Pam 5:45-6:35pm	Fibro Lisa 6:30 - 7:20pm			
OPEN TIME 6:45-9:00pm	OPEN TIME 6:45-9:00pm	OPEN TIME 6:45-9:00pm	OPEN TIME 7:30-9:00pm			

**Arthritis Classes:** Beginning on **Monday, October 11**, members can register for the upcoming 12-week session of the Arthritis program which runs from **Monday, October 18 thru Sunday, January 9**. **Participants can register for a maximum of three arthritis classes per week.** For more information, contact the Front Desk 847-535-7060.

- You will need to wear a mask entering and exiting the building.
- 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 about the warm water pool schedule, please contact Amy Rosales, Group Exercise Manager at 847.535.7632 or [arosales@nmhfc.com](mailto:arosales@nmhfc.com).