

Effective: March 18, 2022

# Warm Water Therapy & Lap Pool Schedule

| Monday                                   | Tuesday                                | Wednesday                                | Thursday                              | Friday   | Saturday                              | Sunday  |
|--|--|--|---------------------------------------|--|---------------------------------------|---|
| <b>OPEN TIME</b><br>5:00-9:00am          | <b>OPEN TIME</b><br>5:00-9:00am        | <b>OPEN TIME</b><br>5:00-7:45am          | <b>OPEN TIME</b><br>5:00-9:00am       | <b>OPEN TIME</b><br>5:00-7:45am                      | <b>OPEN TIME</b><br>6:00-9:00am       | <b>OPEN TIME</b><br>7:00-10:00am  |
| Aqua Aerobics<br>Susie P<br>9:00-10:00am | Aqua Aerobics<br>Janet<br>9:00-10:00am | Arthritis<br>Loralee<br>8:00 - 8:50am    | Aqua Aerobics<br>Carl<br>9:00-10:00am | Arthritis<br>Instructor Rotation<br>8:00 - 8:50am    |                                       |   |
| Arthritis<br>Marylee<br>9:15-10:05am     | Arthritis<br>Marylee<br>9:15-10:05am   | Aqua Aerobics<br>Loralee<br>9:00-10:00am | Arthritis<br>Kate<br>9:15-10:05am     | Aqua Aerobics<br>Instructor Rotation<br>9:00-10:00am | Arthritis<br>Pam<br>9:15-10:05am      | Aqua Aerobics<br>Instructor<br>Rotation<br>9:00-10:00am   |
| Arthritis<br>Pam<br>10:15-11:05am        | Arthritis<br>Kate<br>10:15-11:05am     |  | Ai Chi (AOA)<br>Kris<br>10:15-11:05am | Arthritis<br>Kate<br>9:15-10:05am                    | Aqua Yoga<br>Canella<br>10:15-11:05am | Arthritis<br>Instructor<br>Rotation<br>10:15-11:05am  |
| Arthritis<br>Kris<br>11:45- 12:35pm      | <b>OPEN TIME</b><br>11:15-12:00 pm     | <b>OPEN TIME</b><br>9:00-11:00am         |                                       | Arthritis<br>Pam<br>10:15-11:05am                    | <b>OPEN TIME</b><br>11:15-6:00 pm     | <b>OPEN TIME</b><br>11:15-4:00pm  |
| <b>OPEN TIME</b><br>12:45-3:30pm         | Physical<br>Therapy<br>12:15-1:45pm    | Arthritis<br>Kris<br>11:15-12:05pm       | Arthritis<br>Kris<br>11:15-12:05pm    | <b>OPEN TIME</b><br>11:15-12:00pm                    |                                       | <b>CODES:</b><br>Lap Pool<br><br>Warm<br>Water<br>Pool<br><br>Warm<br>Water<br>Pool<br> |
| Physical<br>Therapy<br>3:45-5:45pm       |  | Arthritis<br>Kris<br>12:15-1:05pm        |                                       | Physical Therapy<br>12:15-1:45pm                     |                                       |   |
|  | <b>OPEN TIME</b><br>2:00-4:30pm        | <b>OPEN TIME</b><br>1:15-5:30pm          | <b>OPEN TIME</b><br>12:15-3:30pm      | <b>OPEN TIME</b><br>2:00-8:00 pm                     |                                       |   |
| Aqua Aerobics<br>Susie P<br>5:30-6:30pm  | Arthritis<br>Joanie<br>4:45 - 5:35pm   | Arthritis<br>Pam<br>5:45-6:35pm          | Physical<br>Therapy<br>3:45-5:45pm    |  |                                       |   |
| Arthritis<br>Kris<br>6:00-6:50pm         | Aqua Yoga<br>Canella<br>5:45 - 6:35pm  | Aqua Aerobics<br>Susie P<br>6:00-7:00pm  | Fibro<br>Lisa<br>6:30 - 7:20pm        |  |                                       |   |
| <b>OPEN TIME</b><br>6:45-9:00pm          | <b>OPEN TIME</b><br>6:45-9:00pm        | <b>OPEN TIME</b><br>6:45-9:00pm          | <b>OPEN TIME</b><br>7:30-9:00pm       |  |                                       |   |

**Arthritis Classes:** Beginning on **Monday, March 28**, members can register for the upcoming 12-week session of the Arthritis program which runs from **Monday, April 4 thru Sunday, June 26**. **Participants can register for a maximum of three arthritis classes per week.** For more information, contact the Front Desk 847-535-7060.

- No lap swimming allowed in the warm water therapy pool. Maintain a clear path in pool, allowing others to move freely.
- Members are required to shower before entering the pool.
- **Prior registration is not required for Ai Chi, Aqua Yoga or Aqua Aerobics that is held in the lap 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).