

Effective: Wednesday, June 29 thru Tuesday, July 5

JULY 4TH Holiday Warm Water Therapy & Lap Pool Schedule

Wednesday, 6/29	Thursday, 6/30	Friday, 7/1	Saturday, 7/2	Sunday, 7/3	4 TH OF JULY	Tuesday, 7/5
OPEN TIME 5:00-7:45am	OPEN TIME 5:00-9:00am	OPEN TIME 5:00-7:45am	OPEN TIME 6:00-9:00am	OPEN TIME 7:00-10:00am	CLUB CLOSED	OPEN TIME 5:00-9:00am
Arthritis Loralee 8:00 - 8:50am	Aqua Aerobics Carl 9:00-10:00am	Arthritis Kathy 8:00 - 8:50am				Aqua Aerobics Janet 9:00-10:00am
Aqua Aerobics Loralee 9:00-10:00am	Arthritis Marylee 9:15-10:05am	Aqua Aerobics Kathy 9:00-10:00am	Arthritis Pam 9:15-10:05am	Aqua Aerobics Susie P 9:00-10:00am		Arthritis Marylee 9:15-10:05am
	Ai Chi (AOA) Kris 10:15-11:05am	Arthritis Kate 9:15-10:05am	Aqua Yoga Canella 10:15-11:05am	Arthritis Susie P 10:15-11:05am		Arthritis Kate 10:15-11:05am
OPEN TIME 9:00-11:00am		Arthritis Pam 10:15-11:05am	OPEN TIME 11:15-6:00 pm	OPEN TIME 11:15-4:00pm		OPEN TIME 11:15-12:00 pm
Arthritis Kris 11:15-12:05pm	Arthritis Kris 11:15-12:05pm	OPEN TIME 11:15-12:00pm		CODES: Lap Pool  Warm Water Pool  Warm Water Pool 		Physical Therapy 12:15-1:45pm
Arthritis Kris 12:15-1:05pm		Physical Therapy 12:15-1:45pm				
OPEN TIME 1:15-5:30pm	OPEN TIME 12:15-3:30pm	OPEN TIME 2:00-8:00 pm				OPEN TIME 2:00-4:30pm
Arthritis Pam 5:45-6:35pm	Physical Therapy 3:45-5:45pm					Arthritis Joanie 4:45 - 5:35pm
	Fibro Lisa 6:30 - 7:20pm					Aqua Yoga Canella 5:45 - 6:35pm
OPEN TIME 6:45-9:00pm	OPEN TIME 7:30-9:00pm				OPEN TIME 6:45-9:00pm	

- 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.