




Effective: September 7, 2022

# Warm Water Therapy & Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN TIME</b> 5:00-9:00am	<b>OPEN TIME</b> 5:00-9:00am	<b>OPEN TIME</b> 5:00-7:45am	<b>OPEN TIME</b> 5:00-7:45am	<b>OPEN TIME</b> 5:00-7:45am	<b>OPEN TIME</b> 6:00-9:00am	<b>OPEN TIME</b> 7:00-10:00am
Aqua Aerobics Susie P 9:00-10:00am	Aqua Aerobics Janet 9:00-10:00am	Arthritis Loralee 8:00 - 8:50am	Arthritis Loralee 8:00 – 8:50am Begins 9/15	Arthritis Instructor Rotation 8:00 - 8:50am		
Arthritis Marylee 9:15-10:05am	Arthritis Marylee 9:15-10:05am	Aqua Aerobics Loralee 9:00-10:00am	Aqua Aerobics Carl 9:00-10:00am	Aqua Aerobics Instructor Rotation 9:00-10:00am	Arthritis Pam 9:15-10:05am	Aqua Aerobics Instructor Rotation 9:00-10:00am
Arthritis Pam 10:15–11:05am	Arthritis Kate 10:15-11:05am	Arthritis Joanie 9:15-10:05am Begins 9/14	Arthritis Kate 9:15-10:05am	Arthritis Kate 9:15–10:05am	Aqua Yoga Canella 10:15–11:05am	Arthritis Instructor Rotation 10:15-11:05am
Arthritis Kris 11:45- 12:35pm	<b>OPEN TIME</b> 11:15-12:00 pm	<b>OPEN TIME</b> 10:15-11:00am	Ai Chi (AOA) Kris 10:15-11:05am	Arthritis Pam 10:15–11:05am	Aqua Yoga Canella 11:15–12:05pm Begins 9/10	<b>OPEN TIME</b> 11:15-4:00pm
<b>OPEN TIME</b> 12:45-3:30pm	Physical Therapy 12:15-1:45pm	Arthritis Kris 11:15-12:05pm	Arthritis Janet 11:15-12:05pm	<b>OPEN TIME</b> 11:15-12:00pm	<b>OPEN TIME</b> 12:15-6:00 pm	<b>CODES:</b>  Lap Pool  Warm Water Pool  Warm Water Pool
Physical Therapy 3:45-5:45pm		Arthritis Kris 12:15-1:05pm		Physical Therapy 12:15-1:45pm		
	<b>OPEN TIME</b> 2:00-4:30pm	<b>OPEN TIME</b> 1:15–5:30pm	<b>OPEN TIME</b> 12:15-3:30pm	<b>OPEN TIME</b> 2:00-8:00 pm		
Aqua Aerobics Susie P 5:30–6:30pm	Arthritis Joanie 4:45 - 5:35pm	Arthritis Pam 5:45-6:35pm	Physical Therapy 3:45-5:45pm			
Arthritis Kris 6:00-6:50pm	Aqua Yoga Canella 5:45 – 6:35pm	<b>OPEN TIME</b> 6:45–9:00pm	Fibro Lisa 6:30 - 7:20pm			
<b>OPEN TIME</b> 7:00-9:00pm	<b>OPEN TIME</b> 6:45-9:00pm		<b>OPEN TIME</b> 7:30-9:00pm			

**Arthritis Classes:** Beginning on **Tuesday, 9/6** members can register for the upcoming 12-week session of the Arthritis program which runs from **Monday, September 12 thru Sunday, December 4**. **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).