




SPRING BREAK WARM WATER & LAP POOL SCHEDULE WEEK #1

CODES:

Lap Pool 

Warm Water Pool
NO REGISTRATION REQUIRED 

Warm Water Pool
REGISTRATION IS REQUIRED 


NOTICE



CELL PHONE USE OF ANY KIND IS STRICTLY PROHIBITED WITHIN LOCKER ROOMS AND POOL AREA



PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOL

Friday, 3/24	Saturday, 3/25	Sunday, 3/26
*OPEN TIME 5:00-7:45am	*OPEN TIME 6:00-9:00am	*OPEN TIME 7:00-10:00am
Arthritis Jody 8:00 - 8:50am	 Northwestern Medicine Lake Forest Health & Fitness Center	
Aqua Aerobics Jody 9:00-10:00am		
Arthritis Kate 9:15-10:05am	Arthritis Canella 9:15-10:05am	Aqua Aerobics Kathy 9:00-10:00am
Arthritis Marylee 10:15-11:05am	Aqua Yoga Canella 10:15-11:05am	Arthritis Kathy 10:15-11:05am
*OPEN TIME 11:15-12:00pm	*OPEN TIME 12:15-6:00 pm	*OPEN TIME 11:15-4:00pm
Physical Therapy 12:15-1:45pm		
*OPEN TIME 2:00-8:00 pm		

SPRING BREAK GROUP EXERCISE SCHEDULE WEEK #2
 MONDAY, MARCH 27 - SUNDAY, APRIL 2
 ON THE REVERSE SIDE.