




Effective: April 3, 2023

# 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> 5:00-9:00am	<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 Janet 8:00 - 8:50am		Arthritis Kathy/Jody 8:00 - 8:50am		
Arthritis Marylee 9:15-10:05am	Arthritis Marylee 9:15-10:05am	Aqua Aerobics Janet 9:00-10:00am	Aqua Aerobics Carl 9:00-10:00am	Aqua Aerobics Kathy/Jody 9:00-10:00am		
Arthritis Pam 10:15-11:05am	Arthritis Kate 10:15-11:05am	Arthritis Joanie 9:15-10:05am	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	<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>PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOL</b>
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	Physical Therapy 1:15 - 2:30pm	<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 Janet 4:45 - 5:35pm	<b>*OPEN TIME</b> 2:45 -5:30pm	Physical Therapy 3:45-5:45pm	<div style="border: 1px solid black; padding: 5px;"> <p><b>NOTICE</b></p>   <b>CELL PHONE USE OF ANY KIND IS STRICTLY PROHIBITED WITHIN LOCKER ROOMS AND POOL AREA</b> </div>		
Arthritis Kris 6:00-6:50pm		Arthritis Pam 5:45-6:35pm	Fibro Lisa 6:30 - 7:20pm			
<b>*OPEN TIME</b> 7:00-9:00pm	<b>*OPEN TIME</b> 5:45-9:00pm	Aqua Yoga Canella 6:45 - 7:35pm	<b>*OPEN TIME</b> 7:30-9:00pm			
		<b>*OPEN TIME</b> 7:45-9:00pm		<div style="border: 1px solid black; padding: 5px;"> <p><b>CODES:</b></p> <p>Lap Pool <span style="color: purple;">●</span></p> <p>Warm Water Pool <span style="color: yellow;">●</span> *NO REGISTRATION REQUIRED*</p> <p>Warm Water Pool <span style="color: blue;">●</span> *REGISTRATION IS REQUIRED*</p> </div>		

**Arthritis Classes:** The current 12-week session of the Arthritis program runs from *Monday, February 27 thru Sunday, May 21.*

**Participants can register for a maximum of three arthritis classes per week.** For more information contact, Amy Rosales, Group Exercise Manager at 847.535.7632 or [arosales@nmhfc.com](mailto:arosales@nmhfc.com)

❖ Reservations are required to book time in the lap pool.

❖ **\*Open time is in the warm water therapy pool.\***

❖ Maintain a clear path in pool, allowing others to move freely.

❖ Members are not allowed in the warm water pool during class times or physical therapy.

❖ No lap swimming is allowed in the warm water therapy pool.

For more information about the warm water therapy and lap pool schedule, contact the front desk at 847-535-7060.