



Effective: August 14, 2023

Warm Water Therapy & Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*OPEN TIME 5:00-9:00am	*OPEN TIME 5:00-9:00am	*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
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	*OPEN TIME 11:15-12:00 pm	*OPEN TIME 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	*OPEN TIME 11:15-4:00pm
Arthritis Kris 12:45- 1:35pm	Physical Therapy 12:15-1:45pm	Arthritis Kris 11:15-12:05pm	Arthritis Janet 11:15-12:05pm	*OPEN TIME 11:15-12:00pm	*OPEN TIME 12:15-6:00 pm	 PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOL
*OPEN TIME 1:45-3:30pm		Arthritis Kris 12:15-1:05pm		Physical Therapy 12:15-1:45pm		
Physical Therapy 3:45-5:45pm	*OPEN TIME 2:00-4:30pm	Physical Therapy 1:15 - 2:30pm	*OPEN TIME 12:15-3:30pm	*OPEN TIME 2:00-8:00 pm		
Aqua Aerobics Susie P 5:30-6:30pm	Arthritis Janet 4:45 - 5:35pm	*OPEN TIME 2:45 -5:30pm	Physical Therapy 3:45-5:45pm		<div style="border: 2px solid black; padding: 5px;"> <p>CODES:</p> <p>Lap Pool ●</p> <p>Warm Water Pool ● *NO REGISTRATION REQUIRED*</p> <p>Warm Water Pool ● *REGISTRATION IS REQUIRED*</p> </div>	
Arthritis Kris 6:00-6:50pm		Arthritis Pam 5:45-6:35pm	Fibro Lisa 6:30 - 7:20pm			
*OPEN TIME 7:00-9:00pm	*OPEN TIME 5:45-9:00pm	Aqua Yoga Canella 6:45 - 7:35pm	*OPEN TIME 7:30-9:00pm			
		*OPEN TIME 7:45-9:00pm				

NOTICE



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

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

- ❖ 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.