

# Warm Water Pool Schedule

January 29-March 31, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 – 8:30 am	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
8:30-9:30 am	Adult Water Walking 8:30-9:30 am	Adult Water Walking 9:00-9:30 am	<b>Water Works 8:30-9:15 am</b>	<b>Move That Body 8:30-9:15 am</b>	<b>Advanced Joints-N-Motion 8:30-9:15 am</b>	Pool Closed	
9:30 – 10:30 am	Pool Closed	Adult Water Walking 9:00-10:30 am	Pool Closed	Adult Water Walking 9:30-10:30 am Bridging the Gap 9:15-11:00 am	Pool Closed	Pool Closed	<b>Please Note: During Adult open swim times there may be Physical Therapy or Private Swim lessons</b>
10:30 – 12 pm	Pool Closed	Pool Closed	Pool Closed	Bridging the Gap 9:15-11:00 am	Pool Closed	Pool Closed	
12 – 1 pm	<b>Joints-N-Motion 12:00-12:45 pm</b>	Pool Closed	<b>Joints-N-Motion 12:00-12:45 pm</b>	<b>Aqua Strength &amp; Balance 12:00-12:45 pm</b>	Pool Closed	Pool Closed	Pool Closed
1 – 2 pm	<b>Advanced Joint-N-Motion 1:00-1:45 pm</b>	Pulmonary Rehab Pool Closed	<b>Advanced Joint-N-Motion 1:00-1:45 pm</b>	Pulmonary Rehab Pool Closed	Pool Closed	Pool Closed	Pool Closed
2 – 3 pm	Pool Closed	Adult Open Swim 2:00-4:00 pm *PT & PSL Bridging the Gap 3:00-5:15 pm	Pool Closed	Adult Open Swim 2:00-4:00 pm *PT & PSL Bridging the Gap 3:00-5:15 pm	Adult Open Swim 2:00-4:00 pm *PT & PSL	Pool Closed	Adult/Family Swim 2:00-4:00 pm
3 – 4 pm	Adaptive Aquatics (1/8-5/1/24)	Adult Open Swim 2:00-4:00 pm *PT & PSL Bridging the Gap 3:00-5:15 pm	Adaptive Aquatics (1/8-5/1/24)	Adult Open Swim 2:00-4:00 pm *PT & PSL Bridging the Gap 3:00-5:15 pm	Adult Open Swim 2:00-4:00 pm *PT & PSL	Pool Closed	Adult/Family Swim 2:00-4:00 pm
4 – 6 pm	Adaptive Aquatics (1/8-5/1/24)	Bridging the Gap 3:00-5:15 pm	Adaptive Aquatics (1/8-5/1/24)	Bridging the Gap 3:00-5:15 pm Swim Lessons 4:00-7:00 pm (2/8-2/28/24)	Pool Closed	Pool Closed	Pool Closed
6 – 7 pm	Adaptive Aquatics (1/8-5/1/24)	Swim Lesson 6:30-7:30 pm (3/12-4/4/24)	Adaptive Aquatics (1/8-5/1/24)	Swim Lessons 4:00-7:00 pm (2/8-2/28/24)	Pool Closed		
7 – 8 pm	Adaptive Aquatics (1/8-5/1/24)	Swim Lesson 6:30-7:30 pm (3/12-4/4/24)	Adaptive Aquatics (1/8-5/1/24)	Swim Lessons 4:00-7:00 pm (2/8-2/28/24)	Pool Closed		