

# LAP POOL & WARM WATER THERAPY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>**The warm water therapy pool is available for members and guests ages 16 and older to use outside of group exercise classes and physical therapy.**</b></p>					<b>8:15-9:15</b> HydroFin Janice	
<b>9:00-9:50</b> Arthritis Janice	<b>9:15-10:15</b> Deep Circuit H2O Diane/AmyP	<b>9:00-9:50</b> Arthritis Janice	<b>9:15-10:15</b> H2O Bootcamp Tracey	<b>9:00-9:50</b> Arthritis Tracey	<b>9:30-10:20</b> Arthritis Mary	
			<b>10:40-11:25</b> AquaFlow Janice	<b>9:30-10:15</b> AquaFit Sue	<b>10:45-12</b> SWIM LESSONS	
<b>9:15-10:15</b> H2O CORE & MORE Diane	<b>10:30-11:30</b> Warm Water Tone & Stretch Diane/AmyP		<b>12:00-1:15</b> SWIM LESSONS	<b>10:30-11:15</b> Water Walking Diane	FAMILY SWIM SAT. & SUN. 12-2PM	
<b>10:30-11:15</b> Water Walking Diane	<b>12:00-1:15</b> SWIM LESSONS	<b>10:30-11:30</b> Aqua Fit & Tone Janice	<b>1:00-1:50</b> Arthritis Janice	<b>11:15-12:15</b> Aqua Tone Diane		
<b>11:15-12:15</b> Aqua Fit Diane	<b>1:00-1:50</b> Arthritis Janice	<b>1:00-1:50</b> Arthritis Sue	<b>2:00-5:00</b> Physical Therapy	FAMILY SWIM 6-8PM		
<b>1:00-1:50</b> Arthritis Diane	<b>2:00-5:00</b> Physical Therapy	<b>2:00-5:30</b> Physical Therapy	Combination class that is held in the warm water pool for those w/ Fibromyalgia and Arthritis. Register @ the Front Desk.	THE POOL AND ALL LAP SWIMMING WILL CLOSE DURING SWIM LESSONS MON. & WED.		
<b>2:00-5:00</b> Physical Therapy	FAMILY SWIM 3:30-5:30PM	<b>4:00-5:00</b> SWIM LESSONS		<b>6:00-6:50</b> Arthritis/Fibro combo class Sue		<b>4-5PM</b> SATURDAY 10:45-12PM
<b>4:00-5:00</b> SWIM LESSONS	<b>5:00-5:50</b> Arthritis Mary	<b>5:30-6:30</b> Warm Water Tone & Stretch w/ Diane				
<b>5:30-6:30</b> Warm Water Tone & Stretch w/Mary	<b>6:30-7:30</b> H2O Bootcamp Tracey	<b>5:30-6:30</b> Aqua Fit & Tone Sue				
<b>Have Arthritis?</b> Join the HFC Arthritis Foundation Aquatic program today. Inquire @ the Front Desk.	FAMILY SWIM TIMES: TUESDAY 3:30-5:30PM FRIDAY 6-8PM SATURDAY 12-2PM SUNDAY 12-2PM		Classes highlighted in blue are held in the warm water therapy pool. Therapy pool may be used for free swim only during times when class is not in session.	Registration **is required for:* Swim lessons Arthritis Pre/postnatal Fibromyalgia Classes		