



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Temp 89			Depth 4-5 1/2 ft			Adult Only - must be 18yrs		
Water Exercise		Open Swim		Programs				
9:00-10:00a Low Impact 12:00-1:00p Water Exercise 3:00-4:00p SilverSplash		7:00-7:55a 4:00-5:00p 5:00-5:30p Adults Only		8:00-9:00a Arthritis 10:00-11:00p Lessons 11:00a-12:00p Arthritis 1:00-2:00p Lessons 2:00-3:00p Arthritis-Deep 5:30-6:30p Arthritis Plus 6:30 - 7:30p Lessons 7:35 - 8:35p Phys Ther/Fit for Two				
12:00-1:00p Water Exercise 5:15-6:15p Water Exercise 7:00 - 8:00p Nufit		2:00-5:15p		8:30 - 10:00a Physical Therapy 10:00 - 11:00a Lessons 11:00a - 12:00 noon Arthritis 1 - 1:30p Lessons 6:20 - 6:50p Lessons				
9:00-10:00a Low Impact 12:00-1:00p Water Exercise 3:00-4:00p SilverSplash		7:00-7:55a 4:00p-5:00p 5:00-5:30p Adults Only		8:00-9:00a Arthritis 10:00-11:00p Lessons 11:00a-12:00p Arthritis 1:00 - 1:30p Lessons 5:30-6:30 Arthritis Plus 6:30 - 7:35 Lessons 7:35- 8:35 Phys Ther/ Fit for 2				
12:00-1:00 Water Exercise 3:00-4:00p SilverSplash 5:15-6:15p Water Exercise		1:30 - 3:00p 4:00-5:15p 7:30 - 8:00p		9 - 10:30a Physical Therapy 10:30 - 11:00a Lessons 11:00 - 12:00 noon Arthritis 1 - 1:30p Lessons 6:20 - 7:25p lessons				
9:00 - 10:00 a Low Impact 12:00-1:00p Water Exercise		7:00-7:55a 3:00-5:00p 5:00-5:30p Adults Only 5:30 - 6:30 p Arthritis Open 6:30p-8:55p		8:00-9:00a Arthritis 10:00 - 11:00a Lessons 11:00a-12:00p Arthritis 1:00 - 2:00 p Physical Therapy 2:00-3:00p Arthritis-Deep				
		10:45a - 12:00 noon Pool Closed at 1:00		9:35 - 10:40a Lessons 12:00 - 1:00p Rental				
		Pool Closed all Summer						

Open Swim: Youth who are entering 3rd grade and are able to pass the swim test may swim at these times without an adult present in the pool area. Parent must be in the building. Children under 3rd grade must have an adult (18+) who is in swim attire in the water.

Water Exercise: Open to all members 14 years or older. An adult (18+) must accompany 14 year olds.

