

Aquatic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed
8:15am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Aqua Fit / Mark	Closed
8:30am	Open Lanes	Aqua Fit / Marla	Open Lanes	Aqua Fit / Marla		Open at 8
9:30am	PT Rehab	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Open
10:15am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open
10:30am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open
11am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open
12:45pm	PT Rehab	Arthritis/ Shelly 45 min	PT Rehab	Arthritis / Shelly 45 min	PT Rehab	Closed at Noon
1:45pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
2:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
2:40pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
3pm	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Open Lanes	
5pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
5:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
6:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
8pm	Closed	Closed	Closed	Closed	Closed	

The GREATEST WEALTH is HEALTH.

fall in love with taking care of yourself - mind, body, and soul

