



Aquatics

THERAPY POOL

NOVEMBER DECEMBER

Monday	
9:00am-10:45am	Water Walking Only
10:45am-11:45am	Aqua Yoga
11:45am-12:45pm	Rental Group DDSO
1:00pm-2:00pm	Aquamotion
4:00pm-6:30pm	YMCA Swim Lessons
6:30pm-7:30pm	Aquamotion

Tuesday	
10:00am-11:00pm	Rental Group ARC
11:00pm-12:00pm	Open Swim
12:00pm-1:00pm	Aquamotion

Wednesday	
9:00am-10:45am	Water Walking Only
10:45am-11:45am	Aquamotion
11:45am-1:00pm	Open Swim
5:00pm-5:30pm	YMCA Swim Lessons
5:30pm-6:30pm	Rental Group UCP
6:30pm-7:30pm	Aquamotion

Thursday	
CLOSED	

Friday	
9:00am-10:45am	Water Walking Only
10:45am-11:45am	Aquamotion
11:45am-1:00pm	Open Swim
6:00pm-7:00pm	Pool Party by Reservation

Saturday	
9:00am-12:00pm	YMCA Swim Lessons
12:00pm-1:30pm	Open Swim
1:30pm-2:30pm	Pool Party by Reservation
2:30pm-3:30pm	Pool Party by Reservation
3:30pm-4:30pm	Pool Party by Reservation

Sunday	
CLOSED	