



## AQUATICS SUMMER SCHEDULE Flowood Therapy Pool

| Time            | Monday                     | Tuesday                                | Wednesday                  | Thursday                               | Friday                     | Saturday      | Sunday        |
|-----------------|----------------------------|--|----------------------------|--|----------------------------|---------------|---------------|
| 5:00-6:00am     | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | <b>CLOSED</b> | <b>CLOSED</b> |
| 6:00-7:00am     | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | <b>CLOSED</b> | <b>CLOSED</b> |
| 7:00-8:00am     | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Family Swim   | <b>CLOSED</b> |
| 8:00-9:00am     | Open Water (Adults Only)   | <b>Arthritis Water Aerobics (8:30)</b> | Open Water (Adults Only)   | <b>Arthritis Water Aerobics (8:30)</b> | Open Water (Adults Only)   | Family Swim   | <b>CLOSED</b> |
| 9:00-10:00am    | <b>Water Fitness Class</b> | Open Water (Adults Only)               | <b>Water Fitness Class</b> | Open Water (Adults Only)               | <b>Water Fitness Class</b> | Family Swim   | <b>CLOSED</b> |
| 10:00-11:00 am  | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Family Swim   | <b>CLOSED</b> |
| 11:00-12:00 pm  | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Family Swim   | <b>CLOSED</b> |
| 12:00pm-1:00 pm | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Open Water (Adults Only)               | Open Water (Adults Only)   | Family Swim   | <b>CLOSED</b> |
| 1:00pm-2:00 pm  | Family Swim                | Family Swim                            | Family Swim                | Family Swim                            | Family Swim                | Family Swim   | Family Swim   |
| 2:00pm-3:00 pm  | Family Swim                | Family Swim                            | Family Swim                | Family Swim                            | Family Swim                | Family Swim   | Family Swim   |
| 3:00-4:00 pm    | Family Swim                | Family Swim                            | Family Swim                | Family Swim                            | Family Swim                | Family Swim   | Family Swim   |
| 4:00 - 4:45 pm  | <b>Swim Lessons</b>        | <b>Swim Lessons</b>                    | <b>Swim Lessons</b>        | <b>Swim Lessons</b>                    | Family Swim                | <b>CLOSED</b> | Family Swim   |
| 5:00 - 5:45 pm  | Family Swim                | Family Swim                            | Family Swim                | Family Swim                            | Family Swim                | <b>CLOSED</b> | <b>CLOSED</b> |
| 5:45 - 6:45 pm  | <b>Aqua Zumba</b>          | <b>Shallow Water Aerobics</b>          | Family Swim                | <b>Shallow Water Aerobics</b>          | Family Swim                | <b>CLOSED</b> | <b>CLOSED</b> |
| 6:45 - 7:45 pm  | Family Swim                | Family Swim                            | Family Swim                | Family Swim                            | <b>CLOSE @ 7:30</b>        | <b>CLOSED</b> | <b>CLOSED</b> |