

Warm Water Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00am	Water Wakeup <i>Judy</i>	Jamin' <i>Jamie</i> ~6:30am~	Water Wakeup <i>Judy</i>	Jamin' <i>Jamie</i> ~6:30am~	Water Wakeup <i>Judy</i>	8:30am	Shimmin' n Shakin' <i>Drew</i>	
8:00am	Aqualates <i>Judy</i> ~7:30am~	Morning Aerobics <i>Tamara</i> ~8:15am~		Morning Aerobics <i>Tamara</i> ~8:15am~		9:45am		
9:00am	CMC Physical Therapy	Arthritis Aquatics <i>Tamara</i> ~9:05am~	CMC Physical Therapy	Arthritis Aquatics <i>Tamara</i> ~9:05am~	CMC Physical Therapy			
10:15am	Aqua Easy <i>Doreen</i>	Aqua Easy <i>Christie</i>	Aqua Easy <i>Christie</i>	Aqua Easy <i>Christie</i>	Aqua Easy <i>Marisa</i>			
11:15am	CMC Physical Therapy		CMC Physical Therapy	Aqualates <i>Judy</i>	CMC Physical Therapy			
2:30pm	CMC Physical Therapy		CMC Physical Therapy		CMC Physical Therapy			
4:15pm	CMC Physical Therapy		CMC Physical Therapy					
5:30pm	Water Aerobics <i>Dianne</i>	Water Aerobics <i>Erica</i>	Shimmin' n Shakin' <i>Drew</i> ~6:00pm~	Water Aerobics <i>Erica</i>	Water Aerobics <i>Dianne</i>			

Lap Pool Schedule

See Front Desk for Information on Lap Pool Classes and Programs

12:00pm								
5:30pm	Learn to Swim Beginner	Swim Conditioning <i>Sue</i>						
6:30pm								
7:15pm	Learn to Swim Intermediate							

Please note: During CMC Physical Therapy class times, members will still have access to the deep end of the Warm Pool, the Lap pool and Whirlpool spa. During Water Aerobics and Aqualates Classes, the warm pool may be CLOSED at the discretion of the instructor. Please be courteous while using warm pool during PT and Class times. During Lap Pool class times, at least 1 lane will remain open to swimmers.