



# MAY LAP POOL SCHEDULE

**Monday: 6:00AM– 8:00PM — WE WILL BE CLOSED MEMORIAL DAY, MAY 29**

**Open swim and lap lanes available during all pool hours.**

**9:00AM – 10:00AM Deep Water Aerobics**

**10:00AM – 11:00AM Water Aerobics**

**Tuesday: 11:00AM – 8:00PM**

**Open swim and lap lanes available during all pool hours.**

**Wednesday: 6:00AM – 8:00PM**

**Open swim and lap lanes available during all pool hours.**

**9:00AM – 10:00AM Deep Water Aerobics**

**10:00AM – 11:00AM Water Aerobics**

**Thursday: 11:00AM – 8:00PM**

**Open swim and lap lanes available during all pool hours.**

**Friday: 6:00AM – 7:00PM**

**Open swim and lap lanes available during all pool hours.**

**10:00AM – 11:00AM Deep Water Aerobics**

**Saturday: 9:00AM – 3:00PM**

**Open swim and lap lanes available during all pool hours.**

**Sunday: 1:00PM – 4:30PM**

**Open swim and lap lanes available during all pool hours.**

# THERAPY POOL SCHEDULE

**Monday & Wednesday — WE WILL BE CLOSED MONDAY, MEMORIAL DAY, MAY 29**

**9:00AM – 10:00AM**

**DEEP WATER AEROBICS**

**10:00AM – 11:00AM**

**WATER AEROBICS**

**MONDAY 1:00PM - 4:00PM**

**HEARTLAND THERAPY**

**WEDNESDAY 1:00PM - 4:00PM**

**HEARTLAND THERAPY**

**Tuesday & Thursday**

**NO SCHEDULED CLASSES OR WATER THERAPY ON THESE DAYS**

**Friday**

**10:00AM – 11:00AM**

**DEEP WATER AEROBICS**

**12:30PM - 2:00PM**

**APPALACHIAN AGENCY FOR SENIOR CITIZENS—THERAPY**

**Saturday & Sunday**

**NO SCHEDULED CLASSES OR WATER THERAPY ON THESE DAYS**

## THERAPY POOL INFORMATION

- The Y therapy pool is primarily for water therapy or aquatic programs.
- When not in use for aqua-aerobics, swim lessons or water therapy, the pool may be used by members of all ages at the discretion of the lifeguard.
- Upon the arrival of a disabled member or start of water therapy pool programs, members may be required to move to the lap pool.
- As with our lap pool, non-swimming children must be accompanied by an adult.