

AQUATIC EXERCISE

MONDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:30	Water Works (LP)	Melanie
10:00 - 11:00	Water Wellness (TP)	EAAA
11:00 - 12:00	Private Water Therapy Session (TP)	
2:00 - 3:00	Private Water Therapy Session (TP)	
5:30 - 6:00	Tiny Tots (TP) (Beginning September 11, 2017)	
5:30 - 6:45	Swim School (LP) (Beginning September 11, 2017)	

TUESDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:30	Aqua Barr & Aqua Yoga (LP)	Melissa
11:00 - 12:00	Private Water Therapy Session (TP)	
2:00 - 3:00	Private Water Therapy Session (TP)	
3:00 - 4:00	Water Wellness (TP)	EAAA
5:30 - 6:15	Aqua Strength (TP)	Melissa

WEDNESDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:15	Deep Water Exercise (LP)	Melanie
10:00 - 11:00	Water Wellness (TP)	EAAA
11:00 - 12:00	Private Water Therapy Session (TP)	
2:00 - 3:00	Private Water Therapy Session (TP)	
3:00 - 5:00	Pediatric Water Therapy (TP)	



FAMILY SWIM HOURS

Saturday & Sunday 1:00 PM - 5:00 PM
First weekend of the month

THURSDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (LP)	EAAA
9:30 - 10:30	Aquacize (LP)	Melanie
11:00 - 12:00	Private Water Therapy Session (TP)	
2:00 - 3:00	Private Water Therapy Session (TP)	
3:00 - 4:00	Water Wellness (TP)	EAAA
5:30 - 6:00	Deep Water Exercise (LP) (In Lane 4; 5.0 ft.)	Melanie

Pools Closed for Cleaning 8:30 - 10:00 PM

FRIDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:30	Aqua Box (LP)	Melissa
10:00 - 11:00	Water Wellness (TP)	EAAA
11:00 - 12:00	Private Water Therapy Session (TP)	
2:00 - 3:00	Private Water Therapy Session (TP)	

SATURDAY

No Classes

SUNDAY

No Classes

WHY WE LOVE SWIMMING

- ◆ In water, your weight is partially supported and your movements slowed, so you are less likely to injure yourself
- ◆ Water offers a constant, gentle resistance allowing the intensity to be varied to suit all fitness levels
- ◆ The decreasing effect of gravity allows the joints to move more easily through a wider range of motion and improve flexibility

Schedule begins July 31, 2017
(TP) = Therapy Pool
(LP) = Lap Pool
*Fee Based

Please visit our website at www.stbernardswellness.com