

AQUATIC EXERCISE

MONDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:00	Aqua Sprint (LP)	Melanie
10:00 - 10:45	Aqua Barre & Aqua Yoga (LP)	Leslie
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)	

TUESDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
10:15 - 10:45	Tiny Tots (TP)*	
9:30 - 10:30	Water Works (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
3:30 - 7:00	Group Swim Lessons (LP)*	
6:30 - 7:00	Tiny Tots (TP)*	

WEDNESDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:30	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 & third weekend of the month

THURSDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
10:15 - 10:45	Tiny Tots (TP)*	
9:30 - 10:30	Water Works (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
3:30 - 7:00	Group Swim Lessons (LP)*	
5:45 - 6:30	Tone & Pump (TP)	Leslie
6:30 - 7:00	Tiny Tots (TP)*	

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 Boot Camp (LP)	Jess
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 provides multidirectional resistance and adds 12-14% more resistance than land.
- ◆ The decreasing effect of gravity allows the joints to move more easily through a wider range of motion and improve flexibility

Schedule updated April 30, 2018
(TP) = Therapy Pool
(LP) = Lap Pool

*Fee Based- Group Swim Lessons & Tiny Tots on Tuesdays & Thursdays begins June 5th

Please visit our website at www.stbernardswellness.com