

# AQUATIC EXERCISE

## MONDAY

8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:30	Liquid Cardio (LP)	Melissa
10:00 - 11:00	Water Wellness (TP)	EAAA
11:00 - 12:00	Private Water Therapy Session (TP)	
1:15 - 1:45	Tiny Tots (TP)	Melanie
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
9:30 - 10:30	Water Works (LP)	Melanie
10:15 - 10:45	Tiny Tots (TP)	
11:00 - 12:00	Private Water Therapy Session (TP)	
11:00 - 12:00	Swim School (LP)	
2:00 - 3:00	Private Water Therapy Session (TP)	
3:00 - 4:00	Water Wellness (TP)	EAAA
3:30 - 6:00	Swim School (LP)	
5:30 - 6:15	Aqua Strength (TP)	Melissa
6:15 - 7:15	Elite Swim* (LP)	
6:30 - 7:00	Tiny Tots (TP)	

## WEDNESDAY

5:30 - 6:15	Elite Swim* (LP)	
8:00 - 9:00	Private Water Therapy Session (TP)	
9:00 - 10:00	Water Wellness (TP)	EAAA
9:30 - 10:15	Water Pump (LP)	Melissa
10:00 - 11:00	Water Wellness (TP)	EAAA
11:00 - 12:00	Private Water Therapy Session (TP)	
11:30 - 12:30	Elite Swim* (LP)	
1:15 - 1:45	Tiny Tots (TP)	Melanie
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
10:15 - 10:45	Tiny Tots (TP)	
11:00 - 12:00	Private Water Therapy Session (TP)	
11:00 - 12:00	Swim School (LP)	
2:00 - 3:00	Private Water Therapy Session (TP)	
3:00 - 4:00	Water Wellness (TP)	EAAA
3:30 - 6:00	Swim School (LP)	
5:30 - 6:15	Deep Water Exercise (LP) Coming in August 2017	Melanie
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 - 10:15	Hydro Surprise (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

8:15 - 9:30	Elite Swim* (4 Lanes)
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## SUNDAY

No Classes

Pools Closed 5:00 - 6:00 PM

## 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

**June/July Schedule** begins June 5, 2017  
(TP) = Therapy Pool  
(LP) = Lap Pool  
\*Fee Based

Please visit our website at [www.stbernardswellness.com](http://www.stbernardswellness.com)