



THERAPY POOL

Effective February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00 Open Swim	5:15-8:00 Open Swim	5:15-6:00 Open Swim	5:15-9:00 Open Swim	5:15-8:00 Open Swim	7:00-9:00 Open Swim
6:00-7:00 High Intensity Vera		6:00-7:00 High Intensity Vera			9:00-10:00 Hydromania Angela
7:00-8:00 Open Swim		7:00-8:00 Open Swim			10:00-12:30 ** 1/2 Open Swim
8:00-9:00 1/2 Open Swim 1/2 Nat Ladies	8:00-9:00 1/2 Open Swim 1/2 PT	8:00-9:00 1/2 Open Swim 1/2 Nat Ladies		8:00-9:00 1/2 Open (Nat Ladies) 1/2 PT	1/2 LTS 12:30-8:00 Open Swim
9:00-10:00 Power Plunge Valerie	9:00-10:00 Hydromania Valerie	9:00-10:00 Power Plunge Dianne		9:00-10:00 Open Swim	
10:00-10:30 Open Swim	10:00-11:30 Open Swim	10:00-10:30 Open Swim		10:00-11:30 Open Swim	
10:30-11:30 Aqua Yo-Pi Valerie	11:30-12:30 Splash n Dash am Deborah	10:30-11:30 Aqua Ai Chi Valerie	11:30-12:30 Splash n Dash am Deborah	11:00-12:00 Hydromania Sally	
11:30-12:30 Arthritis Valerie		11:30-12:30 Arthritis Larry		12:00-1:00 Open Swim	1:00-2:00 Aqua Arthritis Robin
12:30-1:00 Open Swim		12:30-2:00 Open Swim		12:30-2:00 Open Swim	1:00-2:00 Splashing to the Oldies Shelley
1:00-2:00 1/2 Open Swim 1/2 PT	2:00-3:00 Arthritis Larry	1:00-2:00 1/2 Open Swim 1/2 PT	2:00-3:00 Arthritis Larry		4:00-5:00 Open Swim
2:00-4:00 Open Swim		2:00-4:00 Open Swim			5:00-6:00 1/2 Open Swim 1/2 JMF Swim
3:00-4:00 Open Swim		3:00-4:00 Open Swim			6:00-8:00 Open Swim
4:00-5:00 Aquacize Valerie	4:00-7:00 1/2 Open Swim 1/2 Group LTS 6:00-7:00	4:00-5:00 Aquacize Valerie	4:00-7:00 1/2 Open Swim 1/2 Group LTS (PT in 4:00-5:00)	4:00-5:00 Aquacize Sally	
5:00-6:00 Open Swim	7:00-8:00 Splash n Dash pm Deborah	5:00-6:00 Open Swim	7:00-8:00 Splash n Dash pm Deborah	5:00-6:00 Open Swim	**CLASS COLOR KEY**
6:00-7:00 High Intensity Vera		6:00-7:00 Aqua Tabata Lynn		6:00-7:00 High Intensity Vera	OPEN SWIM WHOLE POOL GO
7:00-10:00 Open Swim		7:00-10:00 Open Swim		7:00-10:00 Open Swim	7:00-10:00 Open Swim
					1/2 POOL OPEN
					1/2 POOL OTHER CAUTION

CLASS COLOR KEY
OPEN SWIM WHOLE POOL GO
CLASS ONLY!!! STOP
1/2 POOL OPEN 1/2 POOL OTHER CAUTION

Questions? Contact Sally Brindle at sbrindle@indianapolishealthplex.com 317-920-7400