



## AquaPlex Warm Water Exercise Schedule Effective January 2012

Please note pool is for adults & children in classes only.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-8 am		Warm Water Pool open	Warm Water Pool open	Warm Water Pool open	Warm Water Pool open	Warm Water Pool open	Warm Water Pool Open 7-8am
8-9 am	Warm Water Pool Open 7a-7p	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool
9-10 am		OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Swim Lessons 9:45am & 10:30am
10-11 am		OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Swim Lessons 9:45am & 1030AM
11 am-12 pm		OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Ai Chi therapy pool 11:15-12:15
12-1 pm		Senior Fit- Linda WW pool	Senior Fit- Tim WW pool	Senior Fit- Linda WW pool	Senior Fit- Tim WW pool	Senior Fit- Tim WW pool	Warm Water Pool open
1-2 pm		**Warm Water Pool Open	OSF Arthritis-therapy pool	**Warm Water Pool Open	OSF Arthritis-therapy pool	Warm Water Pool Open	Warm Water pool Open
2-3 pm		Senior Fit Jennifer WW pool	Warm Water Pool Open	Senior Fit Jennifer WW pool	Warm Water Pool Open	Warm Water Pool Open	Warm Water Pool Open
3-4 pm		Warm Water Pool Open	Warm Water Pool Open	Warm Water Pool Open	Warm Water Pool Open	Warm Water Pool Open	Warm Water Pool Open
4:30-5:30 pm		OSF Arthritis-therapy pool	OSF Arthritis-therapy pool	Warm Water Pool Open	OSF Arthritis-therapy pool	Warm Water Pool Open	Warm Water Pool Open
5:30-6:30 pm	Warm Water Pool Open Until 7pm	OSF Arthritis-therapy pool	**Warm Water Pool Open ½ used swim lesson	**Warm Water Pool Open	OSF Arthritis-therapy pool	Warm Water Pool Open	Warm Water Pool Open Until 7pm
6:30-7 pm		Warm Water Pool Open 630-10p	Swim Lessons 6:30-7:40	Warm Water Open 6:30-7pm	Swim Lessons 6:30-7:40	Warm Water Pool Open Until 10p	
			Warm Water Pool Open 8-10p	Ai Chi – 7-8p Joellen	Warm Water Pool Open 8-10p		
				Warm Water Pool Open 8-10p			