



# Therapy Pool Master Schedule Fall/Winter 2017/18

Effective September 05, 2017

Monday 6am-10pm	Tuesday 6am-10pm	Wednesday 6am-10pm	Thursday 6am-10pm	Friday 6am-10pm	Saturday 12pm-8pm	Sunday 8am-8pm
Aqua Arthritis 8:30-9:10	*Chesapeake Physical & Aquatic Therapy 7:00am-2:00pm		*Chesapeake Physical & Aquatic Therapy 7:00am-2:00pm	**Arthritis Aqua 8:15-9:00	Swim Lessons 8:30-12:30 pm	
**Aqua Arthritis 9:15-10:00am		**Aqua Arthritis 9:15-10:00am		**Aqua Yoga 11:15- 12:00am		**Aqua Arthritis 11-11:45am
Swim Lesson 9:00-12:00	Swim Lesson 9:00-12:00	Swim Lesson 9:00-12:00	Swim Lesson 9:00-12:00			
☺ Family Swim 10am-12pm	☺ Family Swim 2-4pm	☺ Family Swim 12-1pm	☺ Family Swim 2-4pm	*Chesapeake Physical & Aquatic Therapy 12-6pm	☺ Family Swim 1-6 pm	☺ Family Swim 1-6 pm
*Chesapeake Physical & Aquatic Therapy 12-8pm	Swim Lessons 3:55-8pm	*Chesapeake Physical & Aquatic Therapy 1-8pm	Swim Lessons 3:55-8pm	Swim Lessons 5-8pm	Parent's Night Out!  Held the 1st Saturday each month - 6-9pm	
Swim Lessons 3:55-8pm	**Aqua Arthritis 6:15-7:00pm	Swim Lessons 3:55-8pm	**Aqua Arthritis 6:15-7:00pm			
	☺ Family Swim 7:30-9pm	☺ Family Swim 8-9pm	☺ Family Swim 7:30-9pm	☺ Family Swim 6:30-9pm		

- Because the Aquatic Center is tightly programmed on Saturday with swim lessons, Aqua aerobics and therapy the Aquatic Center opens at 12 pm on Saturdays. Family Swim is 1:00-6:00pm.
- **Children are invited to swim in the Therapy Pool during designated Family Swim Hours only.**
- No child under the age of Sixteen (including infants) is permitted in the adult locker rooms at any time.
- School-aged children MUST use gender-appropriate lockers (5 years and up). A Family Changing Room with toilet and shower facilities is available in the Aquatic Center near the Therapy Pool for the convenience of families with older children of the opposing gender. Children may use this changing room or the appropriate Boys' or Girls' Locker Rooms.
- Adults may use the Therapy Pool in conjunction with *Chesapeake Physical and Aquatic Therapy* Programs provided the quality of the scheduled therapy session, **as determined by the therapist**, would not be diminished by the presence of non-participants.
- \*\* Only class participants may be in the Therapy Pool during these scheduled classes.
- Pool space may be limited based on programming needs.