

# The Wellness Center Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30–9:00 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	5:30–8:00 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	5:30–8:55 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	5:30–7:55 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	5:30–9:00 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	8:00–8:30 Lap Swim	8:00–3:30 (Ln1) Water Walk/ (Ln 2-3) Lap Swim
9:00–9:55 Easy Motion (1) Sharman	8:00–9:00 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	9:00–9:55 Strength & Balance (2) Kyle	8:00-8:55 Aqua Tabata (1) Marcy	9–9:55 Aqua-fitness (1) Sandie	8:30–9:30 Aqua-fitness (3)Hattie/Sandie /Marcy/Hattie	
10:00–10:55 Mindful Motion (1) Sharman	9:00–9:55 Aqua Zumba (3) Nicole	10:00–10:55 Aqua-Boot Camp (3) Nicole	9:00–9:55 Aqua-fitness (1) Sandie	10:00–10:55 Aqua-fitness (2) Hattie	9:30–10:30 Aqua-fitness (3)Hattie/Sandie /Marcy/Hattie	
11:00–Noon (Ln.1-2) Water Therapy / (Ln3) Water Walking	10:00–10:55 Aqua Zumba (3) Nicole	11:00–Noon (Ln.1-2) Water Therapy / (Ln3) Water Walking	10:00–10:55 Aqua-fitness (1) Sandie	11:00–Noon Water Walking / Personal Training	10:30-3:30 (Ln1) Water Walk/ (Ln 2-3) Lap Swim	
Noon–1:00 Lap Swim	11:00–Noon Water Walking / Personal Training	Noon–1:00 Lap Swim	11:00–Noon Water Walking / Personal training	Noon–1:00 Lap Swim		
1:00–2:00 Strength & Balance (2) Linda M.	Noon–1:00 Easy Motion (1)Sandie	1:00–2:00 Aqua - Fitness (2) Linda M.	Noon–1:00 Lap Swim	1:00–2:30 Volleyball (1) Wellness Coach		
2:00–4:00 (Ln.1-2) Water Walking / (Ln3) Private Lessons	1:00–2:00 Lap Swim	2:00–4:00 (Ln.1-2) Water Walking / (Ln3) Private Lessons	1:00–2:00 Lap Swim	2:30–4:00 (Ln.1-2) Water Walking / (Ln3) Private Lessons		
4:00–5:00 Volleyball (1) Wellness Coach	2:00–4:00 (Ln.1-2) Water Therapy / (Ln3) Water Walking	4:00–4:55 Aqua-fitness (3) Hattie	2:00–4:00 (Ln.1-2) Water Therapy / (Ln3) Water Walking	4:00–4:55 Aqua-fitness (3) Hattie		
5:05–6:00 (Ln.1- 2) Lap Swim / (Ln3) Water Walking	4:00–5:00 Lap Swim	5:05–6:00(Ln.1- 2) Lap Swim / (Ln3) Water Walking	4:00–5:00 Lap Swim	5:00–7:00 (Ln1) Water Walk/ (Ln 2-3) Lap Swim		
6:00–7:00 Private Group Swim	5:05–6:00 Aqua-fitness (3) Maryellen	6:00–7:00 Private Group Swim	5:05–6:00 Aqua-fitness (2) Linda H.			
7:05–8:00 Aqua-fitness (3) Hattie	6:00–7:00 Aqua-fitness (3) Maryellen	7:05–8:00 Aqua - Fitness (3) Hattie	6:00–7:00 Aqua-fitness (2) Linda H.			
8:00–8:30 Lap Swim	7:00–8:30 (Ln.1- 2) Lap Swim / (Ln3) Private Lesson	8:00–8:30 Lap Swim	7:00–8:30 (Ln.1- 2) Lap Swim / (Ln3) Private Lesson			

(1) Beginner (2) Intermediate (3) Advanced

Classes Are Subject to Change

Reminders:

- \*Showering is required before entering the pool.
- \*Only bathing suits and approved aquatic apparel are allowed in the pool.
- \*Running, diving, and horseplay are forbidden.
- \*Bobby pins, safety pins, and bandages may not be worn in the pool.
- \*Jewelry, make-up, and accessories should be removed before entering the pool.
- \*Aqua therapy and aquatic exercises are not allowed during lap swim.
- \*No lap swim allowed during open pool/water walking. 2 swimmers allowed per lane.
- \*No open sores, wounds, or blisters.



DeKalb Medical  
The Wellness Center

