

# LAP POOL SCHEDULE - LaCrest Health Center\*

|       | MON.        | TUES.     | WED.        | THURS.    | FRI.        | SAT.      | SUN.      |
|-------|-------------|-----------|-------------|-----------|-------------|-----------|-----------|
| 6:30  | Open Swim   |           | Open Swim   |           | Open Swim   |           |           |
| 7:00  | ↓           |           | ↓           |           | ↓           |           |           |
| 8:00  |             |           |             |           |             |           |           |
| 8:30  | ↓           | PT        | ↓           | PT        | ↓           |           |           |
| 9:00  |             | ↓         |             | ↓         |             | Open Swim | Open Swim |
| 9:15  | Aqua-Robics |           | Aqua-Robics |           | Aqua-Robics |           |           |
| 9:30  | ↓           |           | ↓           |           | ↓           |           |           |
| 10:00 | 9:20- 10:15 |           | 9:20- 10:15 |           | 9:20- 10:15 |           |           |
| 10:30 | Open Swim   | ↓         | Open Swim   | ↓         | Open Swim   |           | ↓         |
| 11:00 | ↓           |           | ↓           |           | ↓           |           |           |
| 11:30 |             | Open Swim |             | Open Swim |             |           |           |
| 12:00 | ↓           | ↓         | ↓           | ↓         | ↓           |           |           |
| 12:30 |             |           |             |           |             | ↓         |           |
| 1:00  |             |           |             |           |             |           |           |
| 1:30  |             |           |             |           |             |           |           |
| 2:00  | PT          | PT        | PT          | PT        | PT          |           |           |
| 2:30  | ↓           | ↓         | ↓           | ↓         | ↓           |           |           |
| 3:00  |             |           |             |           |             |           |           |
| 3:30  | ↓           | ↓         | ↓           | ↓         | ↓           |           |           |
| 4:00  | Open Swim   | Open Swim | Open Swim   | Open Swim | Open Swim   |           |           |
| 4:30  | ↓           | ↓         | ↓           | ↓         | ↓           |           |           |
| 5:00  |             |           |             |           |             |           |           |
| 5:30  | Aqua-Robics |           | Yoqua       |           |             |           |           |
| 6:00  | ↓           | ↓         | ↓           | ↓         | ↓           |           |           |
| 6:30  | Open Swim   | PT        | Open Swim   |           |             |           |           |
| 7:00  | ↓           | ↓         | ↓           | ↓         |             |           |           |
| 7:30  |             |           |             |           |             |           |           |
| 8:00  |             |           |             |           |             |           |           |
| 9:00  |             |           |             |           |             |           |           |

**KEY:** PT = Physical Therapy Use Only      Open Swim = Free Swimming Time

## LaCrest Lap Pool Class Schedule

|  |  |  |
|--|--|--|
| <b>Aqua-Robics</b>   | <b>Yoqua</b>   |  |
| Low impact cardio class<br>- Use the resistance of water to tone/strengthen.<br><i>(no fee for full members)</i> | Flowing yoga poses in the pool to gently stretch, tone & relax.<br><i>(registration is required)</i> |  |

\* = Schedule Subject to Change.