



# THE THERAPY POOL SCHEDULE

## Caroline Family YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Monday/Wednesday</b>	<b>Therapy Pool</b>
6:00AM-8:00AM	Adult Exercise On Own
8:00AM-9:00AM	Open Swim
9:00AM-11:00AM	Warm Water Fitness Class
11:00AM-12:00PM	Adult Exercise on own/Private or adapted lessons
12:00PM-1:00PM	Open Swim
1:00PM-3:15PM	<b>Pool Closed</b>
3:15PM-4:00PM	Open Swim
4:00PM-5:30PM	Adapted Swim Lessons (Monday only)
5:30PM-7:15PM	Swim Lessons
7:15PM-8:00PM	Open Swim
<b>Tuesday/Thursday</b>	<b>Therapy Pool</b>
6:00AM-7:00AM	Open Swim
7:00AM-9:00AM	Adult Exercise on Own/Adapted or Adult Lessons
9:00AM-12:00PM	Warm Water Movements Class
12:00PM-1:00PM	Open Swim
1:00PM-3:15PM	<b>Pool Closed</b>
3:15PM-8:00PM	Open Swim
<b>Friday</b>	<b>Therapy Pool</b>
6:00AM-9:00AM	Open Swim
9:00AM-11:30AM	Adult Exercise on Own/Adult or Adapted Swim Lessons
11:30AM-12:00PM	Preschool Swim
12:00PM-1:00PM	Open Swim
1:00PM-3:15PM	<b>Pool Closed</b>
3:15PM-8:00PM	Open Swim
<b>Saturday</b>	<b>Therapy Pool</b>
9:00AM-10:00AM	Adult Exercise on Own/Adult or Adapted Swim Lessons
10:00AM-12:00PM	Swim Lessons
12:00PM-5:00PM	Open Swim
<b>Sunday</b>	<b>Therapy Pool</b>
12:00PM-1:00PM	Adult Exercise on Own/Adult or Adapted Swim Lessons
1:00PM-4:00PM	Open Swim

**Please note that if no one is swimming 30 minutes prior to closing we will close the pool early.**

**The maximum capacity for the Therapy Pool is 20 people.**

Updated 1/23/2017