

# SUMMER 2024

# Therapy Pool Schedule

June 10th - August 18th.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Twinges & Hinges Arthritis Workout 10:00AM - 10:45AM	Adult Open Swim 9:00AM -10:00AM	Twinges & Hinges Arthritis Workout 10:00AM - 10:45AM	Adult Open Swim 9:00AM -12:00PM	Adult Open Swim 10:00AM -12:00PM	Preschool Swim Lessons 9:00AM - 12:00PM	
Adult Open Swim 10:45AM -12:00PM	Trinity Day Care 10:00AM—11:00AM Shallow end ONLY	Adult Open Swim 10:45AM -12:00PM				
Family Swim 12:00PM -1:00PM	Adult Open Swim 9:00AM -10:00AM	Adult Swim Lessons 12:00PM - 1:00PM	Family Swim 12:00PM -1:00PM	Family Swim 12:00PM -1:00PM	Family Swim 12:00PM -4:00PM	Adult Open Swim 12:00PM -1:00PM
Family Swim 12:00PM -1:00PM	Family Swim 12:00PM -1:00PM					Family Swim 1:00PM -4:00PM
Pool Closed for Lima Memorial 1:00PM-4:30PM	Pool Closed for Lima Memorial 1:00PM-4:30PM	Pool Closed for Lima Memorial 1:00PM-4:30PM	Pool Closed for Lima Memorial 1:00PM-4:30PM	Pool Closed for Lima Memorial 1:00PM-4:30PM		
Family Swim 4:30PM -5:30PM	Family Swim 4:30PM -6:00PM	Family Swim 4:30PM -5:30PM	Preschool Swim Lessons 4:30PM -7:00PM	Family Swim 4:30PM -7:00PM	Closes at 4pm	Closes at 4pm
Twinges & Hinges Arthritis Workout 5:30PM - 6:15PM	Preschool Swim Lessons 6:00PM -7:00PM	Twinges & Hinges Arthritis Workout 5:30PM - 6:15PM				
Family Swim 6:15PM -7:00PM		Family Swim 6:15PM -7:00PM				
Closes at 7	Closes at 7	Closes at 7	Closes at 7	Closes at 7		

**ADULT OPEN SWIM - Must be at least 18 years of age. Adult open swim time is used by many adults for aquatic exercise and therapy.**

**TWINGES & HINGES - Therapy Pool is only available for members signed up and attending the class. Twinges Class members are also welcome to join Adult Open Swims on Fridays.**

**FAMILY SWIM - All Children under the age of 18 MUST be accompanied by a parent or guardian 18 years or older in the water.**

**LESSONS - There is no open or family swim time available during times lessons are scheduled.**