

# Human Services Therapy Pool Schedule

## July 12, 2010 - August 7, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am - 9:00am Self Directed Therapy	8:30am - 6:00pm Self Directed Therapy	8:30am - 9:00am Self Directed Therapy	8:30am - 7:50pm Self Directed Therapy	8:30am - 9:00am Self Directed Therapy		
9:00am - 10:00am Liquid Strength <i>(Pool Closed)</i>	↓	9:00am - 10:00am Liquid Strength <i>(Pool Closed)</i>	↓	9:00am - 10:00am Liquid Strength <i>(Pool Closed)</i>	9:00am-10:00am Yogaerobics <i>(Pool Closed)</i>	Pool Closed
10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>		10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>		10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>	10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>	
11:00am - 5:15pm Self Directed Therapy		11:00am - 11:30am Self Directed Therapy		11:00am - 12:00pm Water Yoga <i>(Pool Closed)</i>	<b>Special Notes:</b> <b>Soaking Area:</b> The soaking area of the Human Services Therapy Pool is <b>CLOSED</b> for use during scheduled classes.  <b>Inclement Weather-</b> Please note the Therapy Pool will close for 30 minutes for inclement weather <b>Therapy Pool Schedule is Subject to Change.</b>	
5:15pm - 6:30pm Learn to Swim <i>(Pool Closed)</i>		11:30am - 12:30pm Learn to Swim <i>(Pool Closed)</i>		12:00pm - 4:50pm Self Directed Therapy		
6:30pm - 7:30pm Nora's Water Exercise <i>(Pool Closed)</i>	6:00pm - 7:00pm Yogaerobics <i>(Pool Closed)</i>	12:30pm - 6:30pm Self Directed Therapy	6:45pm - 7:50pm Learn to Swim <i>(Pool Closed)</i>			
7:30pm - 7:50pm Self Directed Therapy	7:00pm - 7:50pm Self Directed Therapy	6:30pm - 7:30pm Nora's Water Exercise <i>(Pool Closed)</i>				
		7:30pm - 7:50pm Self Directed Therapy				

Please note the water temperature of the Therapy Pool is approximately 90 degrees and the ambient air temperature in the area around the Therapy Pool is approximately 95 degrees, it is recommended that participants discuss usage of the Therapy Pool with their doctor prior to use. **A physician signed Therapy Verification Form is required for all registrants who wish to use the Therapy Pool.**