

POOL SCHEDULE – JONES VALLEY WELLNESS CENTER – FEBRUARY 2010

Website: www.hsvwellness.org E-mail: wellnessctr@hhsys.org (256) 265-JVWC (5892)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>1:00 – 4:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p>Pool Closed for Maintenance: Thursday 11:00 a.m. – 1:00 p.m.</p> <p>Note: During 3 lane swimming, the lane with the steps is to be used for independent exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:15 – 9:15 a.m.</u> <i>Aquacise</i> – Theresa</p> <p><u>9:15 – 10:15 a.m.</u> <i>Aquacise</i></p> <p><u>10:15 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise</p> <p><u>3:00 – 4:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>5:00 – 6:00 p.m.</u> <i>Aquacise</i> – Tracy 1 Lane Swimming</p> <p><u>6:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 9:00 a.m.</u> Independent Exercise</p> <p><u>9:00 – 10:00 a.m.</u> <i>Aquacise</i> – Michele</p> <p><u>10:00 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise</p> <p><u>3:00 – 4:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>5:00 – 6:00 p.m.</u> <i>Aquacise</i> – Betty 1 Lane Swimming</p> <p><u>6:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 8:30 a.m.</u> Independent Exercise</p> <p><u>8:30 – 9:30 a.m.</u> <i>Aquacise</i> – Leah</p> <p><u>9:30 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise</p> <p><u>3:00 – 4:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>5:00 – 6:00 p.m.</u> <i>Aquacise</i> – Sun 1 Lane Swimming</p> <p><u>6:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 9:00 a.m.</u> Independent Exercise</p> <p><u>9:00 – 10:00 a.m.</u> <i>Aquacise</i> – Michele</p> <p><u>10:00 – 11:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>11:00 – 1:00 p.m.</u> Pool Closed for Maintenance</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise</p> <p><u>3:00 – 4:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>5:00 – 6:00 p.m.</u> <i>Aquacise</i> – Betty 1 Lane Swimming</p> <p><u>6:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 8:30 a.m.</u> Independent Exercise</p> <p><u>8:30 – 9:30 a.m.</u> <i>Aquacise</i> – Theresa</p> <p><u>9:30 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise</p> <p><u>3:00 – 7:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>7:00 – 8:15 a.m.</u> 4 Lane Swimming (No independent exercise)</p> <p><u>8:30 – 9:30 a.m.</u> <i>Aquacise</i> – Suzie</p> <p><u>9:45 – 5:45 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>