

# THERAPY POOL SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-11:00am Advent Health Therapy		9:00-11:00am Advent Health Therapy		9:00-11:00am Advent Health Therapy		
11:00-11:50am Aquatic Wellness	12:30-2:30pm* Advent Health Therapy	11:00-11:50am Aquatic Wellness	12:30-2:30pm* Advent Health Therapy		10:00am-2:00pm Learn to Swim	
3:30-5:30pm Advent Health Therapy	3:30-7:30pm Learn to Swim	3:30-5:30pm Advent Health Therapy	3:30-7:30pm Learn to Swim	3:30-5:30pm Advent Health Therapy		

\*As needed

## ADVENT HEALTH THERAPY

RDV Sportsplex Athletic Club members or guests are NOT allowed to use the pool during Advent Health therapy time or while Advent Health Therapists are on the pool deck.

## GROUP FITNESS CLASSES

During class times, members are welcome to participate in the class. However, during this time no other persons are allowed in the pool. Classes are filled on a first come, first serve basis.

## AQUATIC WELLNESS

Aquatic Wellness is a full body, low impact workout led by a Advent Health Exercise Physiologist in the warm water pool (90 degrees). The workout combines agility, flexibility, and balance exercises to improve mobility, increase cardiovascular endurance and muscular strength. This class is designed to improve overall functional mobility to perform daily tasks. It is designed to meet the needs of pregnant women, and those with fibromyalgia, arthritis or who are post-rehab. ***\*Class space is limited and reservations are REQUIRED. Participants are subject to a temperature screening by Advent Health prior to start of class.***

## LEARN TO SWIM, PRIVATE LESSONS, LIFEGUARDING OR WATER SAFETY INSTRUCTOR CLASSES

On occasions, instructional classes and/or lessons will take place in the Therapy Pool. The pool is not closed to members during those times. During Learn to Swim classes, the jets may be turned off. Please ask a lifeguard to turn them back on for you.

## THERAPY POOL SAFETY GUIDELINES

- Recreational use of the therapeutic equipment is not allowed.
- Noodles and dive rings are the only recreational equipment allowed in the pool.
- No horseplay allowed. Children must be supervised at ALL times.
- Please shower before entering the pool.
- Please be respectful of other members in the pool. Look before jumping.
- Pool is closed when lightning is within a 6-mile radius.