

Schedule Subject to Change



Aquatic Schedule Effective August 7, 2020

Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:15 am	*Aqua Aerobics Maria	*Aqua Motion Erika	*Aqua Dynamics Dawna	*Aqua Aerobics Nancy R.	*Aqua Motion Leona	*Aqua Aerobics Dawna	
9:15 – 10:00							
9:30 – 10:15	*Aqua Motion Leona	*Aqua Aerobics Erika		*Aqua Motion Nancy R.	*Aqua Aerobics Maria	*Aqua Dynamics Dawna	
10:00- 10:45			*Aqua Aerobics Dawna				
5:30 – 6:15	*Aqua Zumba Dawna						
6:00 – 6:50 pm		*Aqua Dynamics Erika		*Aqua Aerobics Maria			

Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00	*Senior Aqua Erika		*Senior Aqua Tom				
10:15 – 11:00				*Arthritis Aqua / Tom			
12:00-12:45 pm	*Wet Program Maria		*Wet Program Maria		*Wet Program Maria		
12:30 – 1:15		*Wet Program Erika		*Wet Program Erika			
7:00 – 7:45 pm		*Arthritis Aqua Amy		*Wet Program Maria			

****Pre-registration required on or day before scheduled class date at the Front desk (708) 226-0555.***

➤ **Attention Swimmers: One lap lane available during Aqua Classes**

Social Distancing Capacity Limits:

Lap Pool = 10 participants plus 2 lap swimmers per lane.

Therapy Pool = 10 participants plus 2 members in deep water.

Aquatic Schedule available online at www.OPHFC.com