



Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:15 am	*Aqua Aerobics Leona		*Aqua Dynamics Dawna				
8:45 – 9:35						*Aqua Aerobics Dawna	
9:00 – 9:45					*Aqua Aerobics Maria		
9:30 – 10:15		*Aqua Aerobics Erika		*Aqua Motion Nancy R.			
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
9:30- 10:15	*Senior Aqua Erika		*Senior Aqua Tom				
10:15 – 11:00				*Arthritis Aqua Tom / Maria			
12:00-12:45 pm	*Wet Program Maria		*Wet Program Maria		*Wet Program Maria		
12:30 – 1:15		*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.***

Social Distancing Capacity Limits:
Lap Pool = 10 participants plus 2 lap swimmers per lane.
Therapy Pool= 10 participants plus 2 members in deep water.

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

Aquatic Schedule available online at www.OPHFC.com