

Schedule Subject to Change



Aquatic Schedule

Effective February 1, 2021

Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:15 am	*Aqua Aerobics Maria	*Aqua Motion Maria	*Aqua Dynamics Dawna	*Aqua Aerobics Nancy R.	*Aqua Motion Cathy	*Aqua Aerobics Dawna	
9:15 – 10:00							
9:30 – 10:15	*Aqua Motion Maria	*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 – 6:45 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			
10:45 – 11:30	*Wet Program Emily		*Wet Program Erika				
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 Rotation		*Wet Program Maria			

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

Reservations will continue for lap lanes and therapy pool.

- **Attention Swimmers: One lap lane available during Aqua classes**

Social Distancing Participant Capacity Limits:

Lap Pool = 15 plus 1 lap swimmer in lane 5, Therapy Pool = 8

Aquatic Schedule available online at www.OPHFC.com