

# Activity Pool Access Schedule

Updated 5/1/2018

The Activity Pool is **Closed** during all Aqua Group Fitness classes and Physical Medicine & Rehab (PM&R). The Activity Pool is open to members during the "Recreational Swim" times highlighted in Yellow. Please be mindful of the Swim Instructors as lesson's take place throughout the day.

MONDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 12:15pm	Aqua Group Fitness
12:45pm - 2:00pm	PM&R
2:00pm - 5:30pm	Recreational Swim
5:30pm - 7:30pm	PM&R
7:30pm - 8:30pm	Aqua Group Fitness
8:30pm - 10:45pm	Recreational Swim

TUESDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 9:25am	Aqua Group Fitness
9:30am - 11:30am	PM&R
11:30am - 1:30pm	Aqua Group Fitness
1:30pm - 6:30pm	Recreational Swim
6:30pm - 8:30pm	Aqua Group Fitness
8:30pm - 10:45pm	Recreational Swim

WEDNESDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 12:00pm	Aqua Group Fitness
12:45pm - 2:00pm	PM&R
2:00pm - 5:30pm	Recreational Swim
5:30pm - 7:30pm	PM&R
7:30pm - 8:30pm	Aqua Group Fitness
8:30pm - 10:45pm	Recreational Swim

THURSDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 9:30am	Aqua Group Fitness
9:30am - 11:30am	PM&R
11:30am - 1:30pm	Aqua Group Fitness
1:30pm - 6:00pm	Recreational Swim
6:00pm - 8:15pm	Aqua Group Fitness
8:15pm - 10:45pm	Recreational Swim

FRIDAY	
Time	Activity
5:00am - 8:00am	Recreational Swim
8:00am - 10:00am	Aqua Group Fitness
10:00am - 12:00pm	PM&R
12:00pm - 12:45pm	Aqua Group Fitness
12:45pm - 8:45pm	Recreational Swim

SATURDAY	
Time	Activity
7:00am - 9:30am	Recreational Swim
9:30am - 10:00am	Parent-Tot Lessons
10:00am - 11:45am	Aqua Group Fitness
11:45am - 2:00pm	Swim Lessons
2:00pm - 7:45pm	Recreational Swim

SUNDAY	
Time	Activity
7:00am - 9:30am	Recreational Swim
9:30am - 11:30am	Aqua Group Fitness
11:30am - 2:00pm	Swim Lessons
2:00pm - 7:45pm	Recreational Swim

\* The Healthplex reserves the right to modify this schedule as necessary for programs and events.

Questions? Please call 610-328-8883.



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