



## February 2012 ~ PWC Event & Activity Calendar

DATE	TIME	ACTIVITY OR EVENT NAME	SPECIAL NOTES
All Month	varies	Senior Fun & Fitness	Functional Fitness for Seniors
All Month	varies	New Year's Resolve	Small Group Training
Starting in February	7 – 11 am	BodyGem®	By Appointment only
Starting in February	varies	Exercise is Medicine™	Doctor's referral required
2/6	Monday	varies	Swim Lessons
	Monday	6 – 7 pm	Free Drop it! Exercise Class - Zumba
2/11	Saturday	4 – 8 pm	Parent Night Out (PNO)
2/13	Monday	6 – 7 pm	Free Drop it! Exercise Class – CXWORX™
2/18	Saturday	8:30 – 9 am	Aquatic Orientation
2/20	Monday	6 – 7 pm	Free Drop it! Exercise Class – Sha'Bam
2/25	Saturday	4 – 8 pm	Parent Night Out (PNO)
	Saturday	7 am – 2 pm	Tri-ALL-thon
2/27	Monday	10 am	PWC Personalities
2/27	Monday	6 – 7 pm	Free Drop it! Exercise Class – Yoga
2/28	Tuesday	5:30 - 6:30 pm	Health Matters: Exercising with Fibromyalgia

**SENIOR FUN & FIT** – A new Senior Fitness program with Jen Pickens, CPT. Staying active is critical as you age. *Senior Fun & Fit* will introduce you to exercises that help you stay in shape and maintain your independence! 30 minute sessions: 4 for 4 weeks = \$140 for members and \$180 for non-members. 45 minute sessions: 8 for 4 weeks = \$360 for members and \$420 for non-members. Pick up the flyer, complete the form at the bottom and drop into the box at the Fitness Desk for a FREE consultation with Jen.

**NEW YEAR'S RESOLVE** – A new Fitness program with Gordon Wicks, CPT: Everyone needs inspiration – to be challenged and held accountable for working out. Team up with your friends and make your New Year's Resolution fun and affordable. Two 60 minute sessions/wk: *6 weeks per person* = \$300 for members and \$400 for non-members, *8 weeks per person* = \$400 for members and \$500 for non-members, and *12 weeks per person* = \$500 for members and \$600 for non-members. Pick up a flyer, complete the bottom form and drop into the box at the Fitness Desk. Gordon will call you to schedule a small group training.

**BODYGEM®** – A metabolic measurement will determine how many calories your body needs to meet your weight management and nutrition goals. Specifically, a BodyGem® measurement might be right for you if you are trying to lose weight, trying to gain muscle, trying to maintain weight (especially after a significant weight loss or other nutritional changes) or interested in improving overall health and fitness. Appointments must be made in advance starting January 16. Testing will be available Monday - Saturday from 7 - 11 am. Testing plus consult will take approximately a half hour. Initial measurement plus consult: Member = \$49 and Non-Member = \$64 with the follow-up measurement Member = \$39 and Non-Member = \$54 For more information or to make an appointment please contact: Laurie Ludwig, Health Educator (540) 829-4749 or lludwig@culpeperhospital.com

**EXERCISE IS MEDICINE™** – Powell Wellness Center is launching the *Exercise is Medicine™* program to help improve the health of our community. Our goal is to introduce, educate and reinforce that anyone can positively impact their own health by adopting appropriate physical activity into their daily living. This FREE program is open to the community and includes the following:

- Initial health screening
- Consultation with an exercise physiologist, including goal-setting
- Personalized exercise program geared toward the patients everyday life
- Limited two-week trial at Powell Wellness Center
- Affordable membership options, should you decide to continue your personalized program at Powell Wellness Center

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To get started, a referral from your primary care physician is required.

For more information please contact Laurie Ludwig, Health Educator, by calling 540.829.4741 or by email: [lludwig@culpeperhospital.com](mailto:lludwig@culpeperhospital.com).

**SWIM LESSONS** – Please contact the reception desk at 540.829.4741 (press Option 1) to register for one of the scheduled swim classes starting the week of February 6th. Payment and a completed registration form must be received by the start date of the first class. Classes are limited to 4 participants and normally meet 8 times for 30 minutes. Cost is \$75 per member participant and \$90 for non-member participant.

**DROP IT! GROUP EXERCISE CLASSES** – Beginning Monday, February 6<sup>th</sup>, you can participate in the FREE group exercise classes as part of the Drop it! 2012 Healthy Living & Weight Loss Challenge. Classes begin at 6 pm at Daniel Technology Center, Germanna Community College. Bring a friend, have fun and get healthy! Visit [www.dropitchallenge.com](http://www.dropitchallenge.com) or call the Event Hotline at 540.829.4754 for more information on all of our exciting classes. For directions to GCC please check the *Contact Us* page at [www.dropitchallenge.com](http://www.dropitchallenge.com). (Note: Class schedule is subject to change.)

**PARENT NIGHT OUT (PNO)** – On February 11<sup>th</sup> and 25<sup>th</sup>, drop your kids off at Kid’s Corner with Mrs. C. for a 4-hour ‘night out’! Your child can play games, socialize with other children and participate in specially planned activities. Dinner, drinks and a snack will be provided. Cost: 1 Child = \$26, 2 Children = \$32, 3 Children = \$36, each additional Child = \$5. Open to non-members for \$5 more per each fee. Space is limited. Register at the PWC Front Desk. Payment is due upon registration. A refundable cash deposit is due at drop off and returned if child is picked up by 8 pm. Deposit for 2 children = \$10, for 3 or more = \$25.

**AQUATIC ORIENTATION** – How to use the water to get your best workout! Join an aquatic instructor on Saturday, February 18<sup>th</sup> from 8:30 – 9 am to learn the use of the equipment and proper walking technique in the ‘River’, as well as the pool schedule, class and lap lane times and questions about our Turtle™ pool. This is an in-pool experience so bathing suits and pool shoes are required. Please sign up in the Aqua Orientation Book at the Membership Desk.

**HEALTH MATTERS: EXERCISING WITH FIBROMYALGIA** – Join us for the February Health Matters topic – *Exercising with Fibromyalgia* – on Tuesday, February 28<sup>th</sup> from 5:30 – 6:30 pm in the PWC Conference room with Kristy Heller. Do you or someone you know have Fibromyalgia? Come to Health Matters to find out what types of exercise can help alleviate Fibromyalgia symptoms. Free for all.

**TRI-ALL-THON** – Culpeper Regional Health System invites you to participate in an indoor triathlon at PWC to help support the American Heart Association. This is a special **Tri-ALL-thon**, which challenges individuals of “ALL” fitness levels, ages 10 and older, to join in on ALL the fun on February 25<sup>th</sup> and see how far they can go! It doesn’t matter if you’re an expert or a novice, this event will be enjoyable for “ALL!” Each participant will pay a \$30 registration fee to benefit the American Heart Association. The 65-minute TRI-ALL-THON includes: 15 minutes of swimming or walking in the pool; 10 minute transition; 20 minutes riding an indoor cycling bike; 5 minute transition; 15 minutes running/walking on a treadmill. The first heat will begin at 7:00 am, with a new heat beginning every 30 minutes until 2:00 pm. All participants will receive a T-shirt and goody bag the day of the event! Pre-registration is required and begins Monday, February 6.

**PWC PERSONALITIES** – PWC Personalities is a monthly event held on the last Monday of the month. Visit the display on Monday, February 27 by the PWC Café tables for a chance to learn more about your PWC Health & Fitness staff, as we highlight different employees monthly and/or learn about a special upcoming event.

# GROUP EXERCISE SCHEDULE

# LAND

## February 2012



### MONDAYS

Time	Class Name	Studio
5:45 am	Cycling	B
7:45 am	Reformer \$	C
8:15 am	CXWORX	A
9:00 am	BodyVive	A
9:00 am	Cycling	B
10:15 am	Reformer \$	C
10:15 am	Body Attack	A
11:30 am	Seated Senior	A
12:30 pm	Senior Challenge	A
4:30 pm	BodyVive	A
5:30 pm	Zumba – 13 <sup>th</sup> & 27 <sup>th</sup>	A
5:30 pm	BodyAttack – 6 <sup>th</sup> & 20 <sup>th</sup>	A
5:30 pm	Cycle n' Crunch	B
6:00 pm	CXWORX	A/C
6:40 pm	Yoga	A

### TUESDAYS

Time	Class Name	Studio
8:15 am	Zumba Toning XP	A
9:00 am	Pilates Basic	A
9:00 am	30/30	B
10:05 am	Yin & Yang	A
11:30 am	TRX \$	A
12:30 pm	Seated Yoga	A
4:30 pm	Zumba – 7 <sup>th</sup> & 21 <sup>st</sup>	A
4:30 pm	Zumba Toning – 14, 28 <sup>th</sup>	A
5:30 pm	BodyPump	A
6:30 pm	Cycling	B
6:45 pm	Sh'Bam	A

### WEDNESDAYS

Time	Class Name	Studio
5:45 am	Mix It Up	A
8:15 am	Xpresso	B
8:15 am	CXWORX	A
9:00 am	BodyPump	A
9:30 am *	Basic Yoga-NO 22 <sup>nd</sup>	C
10:15 am	Mat Pilates II	A
11:30 am	Seated Senior	A
12:30 pm	Senior Challenge	A
4:30 pm	Body Attack	A
5:00 pm	Hard Core Xpress	C
5:30 pm	Mat Pilates II	C
5:30 pm	Step It Up	A
6:40 pm	Yoga	A

\* No Basic Yoga on Feb 22<sup>nd</sup>

### THURSDAYS

Time	Class Name	Studio
5:45 am	Cycle XT	B
8:15 am	CXWORX	A
9:00 am	Cycle & Crunch	B
9:00 am	Zumba	A
10:15 am	TRX \$	A
11:30 am	Healthy Steps	A
4:30 pm	Zumba	A
5:30 pm	Yoga for Athletes	C
5:30 pm	CXWORX	A
6:45 pm	TRX \$	A
6:30 pm	Cycling	B

### FRIDAYS

Time	Class Name	Studio
5:45 am	YFA – 10 <sup>th</sup> & 24 <sup>th</sup>	A
5:45 am	BodyPump	A
5:45 am	Xpress – 3 <sup>rd</sup> & 17 <sup>th</sup>	A
8:15 am	BodyPump Xpress	A
9:00 am	Yoga	A
9:00 am	Cycling	B
9:00 am	Reformer \$	C
10:15 am	Reformer Orientation\$	C
10:30 am	TRX \$	A
11:30 am	Reformer \$	C
11:30 am	Qigong	A
12:30 pm	Zumba Gold	A
1:30 pm	Seated Senior	A
4:30 pm	Sh'Bam	A
4:30 pm	Reformer	C
5:30 pm	CXWORX	A

### SATURDAYS

Time	Class Name	Studio
8:15 am	CXWORX	A
9:00 am	Zumba	A
9:00 am	Cycling – NO 28TH	B
10:15 am	BodyPump	A
11:30 am	TRX \$ - NO 28 <sup>th</sup>	A

### SPECIAL NOTES:

If you've Started Drop it!

Weekly Events:

Feb. 6 – Zumba

Feb. 13 – CXWORX

Feb. 20 – Sh'Bam

Feb. 27 – Yoga

Happy Valentines Day!

Basic Yoga: 10 weeks,  
Pre-registration required

**RED** You must obtain a ticket from the Front Desk. Tickets are available 15 minutes before the class start time.

**BLUE \$** (Private Group Training) You must pay an additional class fee and schedule the class in advance at the Front Desk.

\* Registration is required.

### CYCLING CLASSES:

It is mandatory that you bring a towel and water.

### STUDIO ROOM DESCRIPTIONS:

A – Group Exercise Studio (GPX)

B – Cycling Studio

C – PWC Conference Room

D – Outside

Class Descriptions are on the back. →

# GROUP EXERCISE SCHEDULE

## LAND

### Class Descriptions



**BodyAttack™:** 55-minute sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility. (XT includes core work.)

**BodyPump™(BP) Xpress (BP XP):** The original barbell based class that strengthens and tones the entire body. Burn maximum calories while having a blast. (Xpress is 30 or 45 minutes.)

**BodyVive™:** Low-impact, whole body workout designed to boost fitness & core strength. Feel the fizz & energy! (Xpress is 30 or 45 minutes.)

**CX30/CXWORX™:** A short, sharp workout that will inspire you to the next level of fitness while strengthening & toning your body.

**Cycling:** All classes provide a great workout to increase muscular and cardiovascular endurance without impacting the joints.

**Free Ride:** Ride at your own pace – your ride is decided by you. Music provided. NO INSTRUCTOR.

**Hard Core Xpress:** Pilates-based exercises that strengthen & tone your Core – abs & back.

**Healthy Steps:** Smooth gentle movements using physical therapy basics. Strengthen the immune system while increasing balance & stamina (also done in water).

**Mix It Up:** A fusion class incorporating functional strength and flexibility.

**Pilates Basic/Mat Pilates:** Focus on strengthening the core (abs & low back). Increase flexibility, range of motion, balance and coordination. TheraBalls, Dynabands, and Power Rings vary and complement this workout.

**Pilates - Mat II:** Same description as above, however participants must have a good level of fitness.

**Qigong:** Slow down & revitalize with focused breathing and standing stretches that began in China 5000 years ago. Attention on total body wellness.

**Reformer \$\$:** *FEE-BASED Group Class.* Take your training to the next level. Increase core and muscular strength, overall flexibility, balance and coordination while creating long, lean musculature utilizing spring resistance on the Reformer Bed.

**Seated Seniors:** Great chair/standing class for Boomers & Beyond if you are new to fitness, or just want to get moving. Utilize resistance bands, soft fitness balls, light hand weights and your own body to move towards better health!

**Senior Challenge:** Senior workout alternating between cardio and strength work. Balance, coordination and flexibility round out this complete class.

**Sh'Bam™:** Walk, Strut, Dance. The ultimate fun way to exercise. Move your feet while feeling free and energized.

**Cycle n' Crunch:** Efficient and effective; a 45-minute ride followed by abdominal strength work.

**Cycle XT:** Take your cycling adventure to the next level. Challenging terrain and motivational music provided!

**Step It Up:** A high-intensity, fun cardiovascular workout utilizing moves on the step. All step or interval. Ab segment at end of cardio.

**30/30:** Combine the best of cycling & core into an xpress format: 30 min of cycling followed by CXWORX™!

**TRX™:** *FEE-BASED Group Class.* Suspension training that leverages gravity and the users own body weight for hundreds of different exercises.

**Xpresso:** 45 mins for a quick interval cycling buzz!

**Yin & Yang:** Stretch (yin) and strengthen (yang) your body and mind with slow repetitive yoga movements using light hand weights.

**Yoga/Yoga For Athletes:** Increase muscular strength, endurance, and overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar and YogaFit postures.

**Zumba™:** This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that is HOT, HOT, HOT!

**Zumba™ Gold:** Perfect for those beginning to exercise or special populations. Easy moves infused with a Latin flavor.

**Zumba Toning™(ZT XP):** Combine targeted body sculpting and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party! (ZT XP is a 35 minute class)

### PWC GROUP EXERCISE REQUIREMENTS:

Proper athletic attire and shoes are required for all fitness classes.

Hydration is essential for a safe and effective workout.

Schedule, Class and/or instructors are subject to change at any time without prior notice.

For your safety and the consideration of other members, there will be no admittance to any class five minutes after the class's scheduled start time.



Become a PWC Fan on Facebook! Class updates, feedback, staff interactions & more!

### Powell Wellness Center HEALTH & FITNESS

Monday – Thursday:  
5:30 am – 9:30 pm

Friday:  
5:30 am – 9:00 pm

Saturday:  
6:00 am – 4:00 pm

Sunday:  
10:00 am – 5:00 pm

### KID'S CORNER:

Monday – Thursday  
8 am – 1 pm & 4 - 8 pm

Friday:  
8 am – 1 pm & 4 – 7 pm

Saturday:  
8 am – 12 Noon

Sunday: CLOSED

# GROUP EXERCISE SCHEDULE

# AQUATIC

## February 2012



### MONDAY

Time	Class Name
8:30 am	AF Plus*
9:00 am	H2O Burn
9:30 am	AF Deep H2O Plus*
10:15 am	Cardio Deep
5:30 pm	Water in Motion

### TUESDAY

Time	Class Name
5:45 am	Aqua Boot Camp
9:00 am	Water Games
9:30 am	AF Deep H2O Plus*
10:15 am	Liquid Silver
10:45am	H2O Dynamics

### WEDNESDAY

Time	Class Name
8:30 am	AF Deep H2O Plus*
9:00 am	Aqua Zumba
9:15 am	AF Basic*
10:15 am	Qigong H2O
11:30 am	Yoga H2O
12:30 pm	Advanced Yoga
5:30 pm	Water in Motion



### THURSDAY

Time	Class Name
9:00 am	Water Games
9:30 am	AF Plus*
10:15 am	Liquid Silver
10:45am	H2O Dynamics
5:30 pm	Kick-Jab-Jam

### FRIDAY

Time	Class Name
10:30 am	H2O Flow
11:30 am	Advanced Yoga

**GREEN\*** You must pre-register at the Front Desk. These classes are FREE and are included in your membership.

#### AQUATIC CLASSES:

It is highly recommended that you wear water shoes.

### Class Descriptions

**AF Basic\*:** Appropriate for anyone with arthritis/joint related diseases. Focus is on providing exercises that ease joint pain, reduce stiffness & improve daily functioning. *Sign Ups Required for all Arthritis Foundation Classes* (No Fee)



**AF Plus\*:** This program is for more active individuals who can exercise for longer periods of time with resistance; must be able to enter & exit pool independently.

**AF Deep H2O\*:** Class combines shallow & deep-water activities; belts & noodles will be utilized. **Individuals must be approved by instructors to participate.**

**Aqua Boot Camp:** Drills & Thrills to keep you moving!

**Aqua Fit:** Easy to follow moves infused with Latin rhythms to create a dynamic workout that is HOT! HOT! HOT!

**Aqua Zumba:** Zumba philosophy + aqua fitness = safe, challenging, cardio-conditioning, body-toning, fun workout!

**Cardio Deep:** Intense upper/lower body workout in the deep section of the pool. Belt is required.

**H2O Burn:** Jog, kick, jack & jump through the water to create resistance and burn calories while improving cardiovascular fitness & strength using various equipment.

**H2O Dynamics:** A fun & challenging series of dynamic exercises designed to increase strength & stability.

**Kick-Jab-Jam:** Punch, hook, jab & kick your way in the water! A great cardio workout with resistance and core work thrown in.

**Liquid Silver:** A great class for Boomers and beyond!! *Get moving* utilizing traditional aquatic equipment for a safe & effective workout.

**Qigong H2O:** Slow down and revitalize! Adapted for the water to enhance those flowing and relaxing exercises, relax and feel the flow while taking the time to breath it all in! Suitable for all fitness levels.

**Water Games:** Think recess! Games, drills & lots of laughter! Don't miss this class!

**Water in Motion:** Low-impact, high energy challenge for participants of all ages & fitness levels.

**Yoga H2O/ H2O Flow:** Yoga movements that sequence and flow one right into the other with the gentle resistance of water increasing balance & coordination.



Become a PWC Fan on Facebook! Class updates, feedback, staff interactions & more!



### PWC GROUP EXERCISE REQUIREMENTS:

Proper athletic attire and shoes are required for all fitness classes.

Hydration is essential for a safe and effective workout.

Schedule, Class and/or instructors are subject to change at any time without prior notice.

For your safety and the consideration of others, there will be no admittance to any class five minutes after the class's scheduled start time.

### Powell Wellness Center POOL & AQUATIC HOURS:

Monday – Thursday:  
5:30 am – 9:15 pm

Friday:  
5:30 am – 8:45 pm

Saturday:  
6:00 am – 3:45 pm

Sunday:  
10:00 am – 4:45 pm

#### FAMILY SWIM:

Tuesdays: 6:30 – 8:30 pm

Fridays: 6 – 8 pm

Saturdays: 1 – 3 pm

#### KID'S CORNER:

Monday – Thursday  
8 am – 1 pm & 4 - 8 pm

Friday:  
8 am – 1 pm & 4 – 7 pm

Saturday:  
8 am – 12 Noon

Sunday: CLOSED

## SCHEDULED POOL ACTIVITIES ~ February 2012

MONDAY			
Hours ~ 5:30 am to 9:15 pm			
Time	Group	Pool Section	For Class Only
8:00 am to 12:00 pm	Physical Therapy	Therapy & Pocket	No
8:30 am to 9:30 am	AF Plus	Therapy Pool	Yes
9:00 am to 10:00 am	H2O Burn	Lap Lanes	Yes
9:30 am to 10:15 am	AF Deep H2O Plus	Therapy Pool	Yes
10:15 am to 11:15 am	Cardio Deep	Therapy Pool	Yes
5:30 pm to 6:30 pm	Water in Motion	Lap Lanes	Yes

TUESDAY			
Hours ~ 5:30 am to 9:15 pm			
Time	Group	Pool Section	For Class Only
8:00 am to 5:30 pm	Physical Therapy	Therapy & Pocket	No
5:45 am to 6:30 am	Aqua Boot Camp	Lap Lanes	Yes
9:00 am to 10:00 am	Water Games	Lap Lanes	Yes
9:30 am to 10:15 am	AF Deep H2O Plus	Therapy Pool	Yes
10:15 am to 11:15 am	Liquid Silver	Lap Lanes	Yes
10:45 am to 11:15 am	H2O Dynamics	Therapy Pool	Yes
12:00 pm to 1:00 pm	River Swimming	River	Yes
6:30 pm to 8:30 pm	Family Swim	Age Appropriate Areas	No

WEDNESDAY			
Hours ~ 5:30 am to 9:15 pm			
Time	Group	Pool Section	For Class Only
6:30 am to 7:15 am	River Swimming	River	Yes
8:00 am to 12:00 pm	Physical Therapy	Therapy & Pocket	No
8:30 am to 9:30 am	AF Deep H2O Plus	Therapy Pool	Yes
9:00 am to 10:00 am	Aqua Zumba	Lap Lanes	Yes
9:15 am to 10:00 am	AF Basic	Therapy Pool	Yes
10:15 am to 11:15 am	Qigong H2O	Therapy Pool	Yes
11:30 am to 12:30 pm	Yoga H2O	Therapy Pool	Yes
12:30 pm to 1:30 pm	Advanced Yoga	Therapy Pool	Yes
5:30 pm to 6:30 pm	Water in Motion	Lap Lanes	Yes



Last Updated 1/16/12 mtor

### PLEASE READ CAREFULLY

The Pool Schedule is subject to change at any time without prior notice. All time/schedule changes for the current month will be highlighted in RED above.

During Physical Therapy Sessions, the water pocket may be closed.

When swimmers are present during the scheduled "River Swimming Against the Current" times, the River will be closed to water walkers.

When using the Lap Lanes, limit your time to 30 minutes if others are waiting. When both lanes are in use, please check with the lifeguard to reserve the next lane

During swim lessons, the small Pocket Pool may be closed. Swim lessons may be held in other parts of the pool along with other swimmers.

A Lap Lane may be used for Swim Lessons on Saturday afternoons or during Family Swim times.

For more details about pool rules and usage, please speak to the current lifeguard on duty.

THURSDAY			
Hours ~ 5:30 am to 9:15 pm			
Time	Group	Pool Section	For Class Only
8:00 am to 5:30 pm	Physical Therapy	Therapy & Pocket	No
9:00 am to 10:00 am	Water Games	Lap Lanes	Yes
9:30 am to 10:30am	AF Plus	Therapy Pool	Yes
10:15 am to 11:15 am	Liquid Silver	Lap Lanes	Yes
10:45 am to 11:30 am	H2O Dynamics	Therapy Pool	Yes
12:00 pm to 1:00 pm	River Swimming	River	Yes
5:30 pm to 6:30 pm	Kick - Jab - Jam	Lap Lanes	Yes

FRIDAY			
Hours ~ 5:30 am to 8:45 pm			
Time	Group	Pool Section	For Class Only
6:30 am to 7:15 am	River Swimming	River	Yes
8:00 am to 12:00 pm	Physical Therapy	Therapy & Pocket	No
10:30 am to 11:30 am	H2O Flow	Therapy Pool	Yes
11:30 am to 12:30 pm	Advanced Yoga	Therapy Pool	Yes
6:00 pm to 8:00 pm	Family Swim	Age Appropriate Areas	No

SATURDAY			
Hours ~ 6:00 am to 3:45 pm			
Time	Group	Pool Section	For Class Only
7:30 am to 8:30 am	River Swimming	River	Yes
1:00 pm to 3:00 pm	Family Swim	Age Appropriate Areas	No

SUNDAY			
Hours ~ 10:00 am to 4:45 pm			

PLEASE NOTE: Date & Time Special Exceptions/Closings to Current Pool Schedule			
Date	Time	Reason	Section(s) Closed
N/A	N/A	N/A	N/A