



THERAPY POOL SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
5:30-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:00-8:30	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)		
8:30-9:00							
9:00-9:30	Water Wellness (EAAA)	Water Wellness (EAAA)	Water Wellness (EAAA)	Water Wellness (EAAA)	Water Wellness (EAAA)		
9:30-10:00							
10:00-10:30							
10:30-11:00		Aqua Stretch (Leslie at 10:45)		Aqua Stretch (Leslie at 10:45)			
11:00-11:30	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)		
11:30-12:00							
12:00-12:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
12:30-1:00							
1:00-1:30							
1:30-2:00							
2:00-2:30	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)	Private Water Therapy (TPA)		
2:30-3:00							
3:00-3:30	Open Swim and Possible PSL (4-8pm various)	Water Wellness (EAAA)	Open Swim and Pediatric Water Therapy 3-5 (KidSpot)	Water Wellness (EAAA)	Open Swim		
3:30-4:00							
4:00-4:30							
4:30-5:00							
5:00-5:30							
5:30-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:00-8:30							
8:30-9:00							
9:30-10:00							
<i>\$\$ has a fee for the class</i>			Open Swim		Children's Swim Lesson		
<i>PSL: Private Swim Lesson times</i>			Private Water Therapy - Closed		Open Group Class		
Aqua Stretch: A 15 minute session to focus on breathing while stretching.							
Private Therapy: Therapy Providers private physical therapy sessions; closed.							
PSL: It will be possible that a private swim lesson may take place in the Therapy Pool during the hours of 4:00-8:00pm on M-F.							
Water Wellness: East Arkansas Area on Aging instructors follow the curriculum of Arthritis Foundation Aquatic Program. Classes will help you to increase joint range of motion, build muscle strength and help reduce pain and stiffness.							

Please visit our website at www.stbernardswellness.com