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## 2025 Therapy Pool Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		8:30 - 9:00	Lane swim	8:30 - 9:00	Lane swim	8:30 - 9:15	Ladies class	8:30 - 9:00	Lane swim
8:30 - 9:15	Aquability	9:15- 10:00	Ladies' class	9:15 - 10:00	Ladies' class	9:30-10:15	Aquability	9:15 - 10:00	Ladies' class
10:30-11:15	Ladies' class	10:15 -11:00	Calm water	10:15 - 11:00	Calm water	10:30 - 11:15	Suites swim	10:15 - 11:00	Calm water
11:30-12:15	Aquability	11:15 - 12:00	Men's class	11:15 - 12:00	Aquability	11:30 – 12:15	Men's class	11:15 - 12:00	Aquability
1:30 - 2:15	Lane swim	1:30 - 2:15	Lane swim	1:30 - 2:15	Lane swim	1:30 - 2:15	Lane swim	1:30-2:15	Friendly Float
2:30- 3:15	Aquability	2:30 - 3:15	Aquability	2:30 - 3:15	Hydro Therapy	2:30 - 3:15	Aquability	2:30-3:15	Men's Class
3:30 - 4:15	Friendly Float	3:30- 4:15	Friendly Float	3:30 - 4:15	Friendly Float	3:30 - 4:15	Friendly Float		
		4:30-5:15	Aquability			4:30- 5:15	Aquability		
		5:30-6:15	Ai Chi			5:30 - 6:15	Ai Chi		

# Pool Program Descriptions

**Lane swim:** For individuals who want to swim lengths to build strength and endurance. Participants must be able to swim one length of the pool.

**Aquability class:** This class is suitable for individuals comfortable moving in water without assistance. Class focuses on enhancing balance, posture, functional range of motion and muscular strength . Mindful movement designed for those with mild to moderate health challenges.

## **Hydro Therapy:**

**Calm Water:** Work independently with exercises prescribed by your doctor or ask staff for a starter

**Friendly Float:** Enjoy non - structured time. Take this opportunity to try the pool equipment, socialize, laugh and have fun!

**Ai Chi:** This class focuses on the importance of connecting the mind, body and spirit with breathing. Experience the deep relaxing effect of warm water, while challenging core stability, balance, coordination and flexibility.

## **Suites/LTC Swim**

Exclusive time for the Fairview Suites and long term care Residents.

## **Community and Fairview Swim:**

**Come, enjoy the best you**