

# January Recreation Pool Schedule

High Blue Wellness Center's Recreation Pool is open

Monday-Friday 5:30-9:00am

Saturday, 9:00am-7:00pm and Sunday, 11:00am-6:00pm

Slides, Fountains, & Buckets open at 3:30pm Monday thru Friday. Water Features (not slides) may be turned on earlier upon request.

Please notice the scheduled activities below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rec Pool	Rec Pool	Rec Pool	Rec Pool	Rec Pool	Rec Pool
	<b>Boot Camp</b> 5:30-6:30am				
<b>Cardio Circuit</b> 6:30-7:30am		<b>Cardio Circuit</b> 6:30-7:30am		<b>Cardio Circuit</b> 6:30-7:30am	
<b>Aqua Fit</b> 8:00-8:55am		<b>Aqua Fit</b> 8:00-9:00am		<b>Aqua Fit</b> 8:00-8:55am	
<b>Silver Splash</b> 9:00-9:55am	<b>Aqua Zumba</b> 9:00-9:55am	<b>Cardio Slam</b> 9:00-9:55am	<b>Aqua Zumba</b> 9:00-9:55am	<b>Cardio Slam</b> 9:00-9:55am	<b>Boot Camp</b> 9:00-10:00am
					<b>Swim Lessons</b> 9:30am-12:00pm Basketball Area & Stair Area
	<b>Arthritis Foundation</b> 10:00-10:45am	<b>Silver Splash</b> 10:00-11:00am	<b>Arthritis Foundation</b> 10:00-10:45am		
<b>Arthritis Foundation</b> 11:15am-11:45	<b>Twist &amp; Shout</b> 11:00-11:30am	<b>Arthritis Foundation</b> 11:00-11:45am	<b>Twist &amp; Shout</b> 11:00-11:30am		
<b>Swim Lessons</b> 5:30pm-7:00pm Basketball Area & Stair Area	<b>Swim Lessons</b> 5:30pm-7:00pm Basketball Area & Stair Area	<b>Swim Lessons</b> 5:30pm-7:00pm Basketball Area & Stair Area	<b>Swim Lessons</b> 5:30pm-7:00pm Basketball Area & Stair Area		
<b>Aqua Zumba</b> 6:30pm-7:30pm	<b>Kickbox H2O</b> 6:30-7:30pm		<b>Boot Camp</b> 7:15pm-8:00pm		