

# Main Pool Schedule

August 2019 [TriHealth.com/FitnessPavilion](http://TriHealth.com/FitnessPavilion)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Closed
Pool Opens at 7 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Opens at 7 a.m.
Lap Swim	Deep Water Workout 9:15-10:15 a.m. Sandy	Deep Water Workout 9:45-10:45 a.m. Karen	Deep Water Workout 9:15-10:15 a.m. Naomi	Deep Water Workout 9:45-10:45 a.m. Jamie	Deep Water Workout 9:15-10:15 a.m. Jill	Lap Swim
Deep Water 12:30- 1:30 p.m. Sandy	Lap Swim	Aqua Zumba 10:50-11:50a.m. Outdoor Pool Julie No Class July 2	Lap Swim	Lap Swim	Preschool & Parent Open Swim 10:45-11:45 a.m.	Deep Water Workout 11-12 p.m. Jamie
Family Swim* 2-4:30 p.m.		Lap Swim			Lap Swim	Family Swim* 3-6p.m.
Lap Swim		Youth/Teen Lap Swim (One Lane; Class Area) 4:15-5:15p.m.			Youth/Teen Lap Swim (One Lane; Class Area) 4:15-5:15 p.m.	Family Swim* 5-7:30 p.m.
Pool Closes at 6 p.m.	Adult Group Swim Lessons 6-7 p.m.	Adult Swim Lessons 5:15-6pm	Lap Swim	Deep Water Workout 6:30-7:30 p.m. Mary	Pool Closes at 9 p.m.	Pool Closes at 7 p.m.
Closed	Pool Closes at 10 p.m.	Pool Closes at 10 p.m.	Pool Closes at 10 p.m.	Pool Closes at 10 p.m.	Closed	Closed

**Deep Water (2,3)** Cross-training using various equipment to strengthen, tone and increase cardiovascular endurance. Participants are supported by buoyancy belts at all times.

- Two (2) lanes will be available for lap swimming during scheduled activities.
- Members are allowed to use the main pool during scheduled activities if space is available; however, scheduled programs have priority.
- Special classes and off-hour pool rentals will be scheduled in the main pool.
- Water temperature is between 80-82 degrees.
- Group fitness classes and instructors are subject to change. Last minute cancellations may occur due to unavoidable circumstances.
- **\*Please note: during the summer, family swims will all be held at the outdoor pool, unless there is inclement weather**

# Therapy Pool Schedule

August 2019

TriHealth.com/FitnessPavilion

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Pool Opens at 5:15 a.m.	Closed
Pool Opens at 7 a.m.	Physical Therapy 7-10:15a.m.	Physical Therapy 7a.m. – 12p.m.	Physical Therapy 7-10:15a.m.	Physical Therapy 7a.m.– 12p.m.	Physical Therapy 7-10:15a.m.	Pool Opens at 7 a.m.
	Aquacise 10:15-11:15 a.m. Kim		Aquacise 10:15-11:15 a.m. Kim		Aquacise 10:15-11:15 a.m. Jill	Swim Lessons 9:30-11 a.m.
AiChi 11:15a-12:15pm Naomi NO CLASS ON August 4 or 11	Stretch& Balance 11:30a.m.-12p.m. Kim		Stretch& Balance 11:30a.m.-12p.m. Kim		Stretch& Balance 11:30a.m.-12p.m. Karen	
	Aquatic Arthritis 12 – 1 p.m. Kim	Warm Water 12 – 1 p.m. Karen	Aquatic Arthritis 12 – 1 p.m. Kim	Aqua Circuit 12 – 1 p.m. Sandy/Jane		
Family Swim* 2-4:30 p.m.	Physical Therapy 1 – 5:15p.m.	Physical Therapy 1 – 5:15p.m.	Physical Therapy 1 – 5:15p.m.	Physical Therapy 1 – 5:15p.m.		
Pool Closes at 6 p.m.	Aquatic Arthritis 5:45 – 6:45p.m. Naomi		Family Swim* 5:30 – 7:30p.m.	Aquatic Arthritis 5:45 – 6:45p.m. Naomi	Family Swim* 5 – 7:30p.m.	
Closed	Pool Closes at 10 p.m.	Pool Closes at 10 p.m.	Pool Closes at 10 p.m.	Pool Closes at 10 p.m.	Pool Closes at 9 p.m.	Closed
				Closed		

**Ai Chi: (1)** Gentle, relaxing water movement practice with the same benefits as other mind-body classes.

**Aqua Circuit: (1,2)** Utilizes different equipment in shallow and deep water to build endurance and strength.

**Aquacise (2)** Low-impact class emphasizes toning, stretching, and cardiovascular conditioning. Uses both the shallow and deep parts of the pool.

**Aquatic Arthritis (1)** Full range of movement exercises with up to 20-minutes endurance to improve daily life activities.

**Stretch & Balance (1,2)** Emphasizes core strength through balance and stretching using all muscle groups. Taught in the warm water pool.

**Warm Water (1,2)** Increase core stability and endurance using the water's resistance. All members must wear a flotation belt in deep water.

- There is no lifeguard on duty in the warm water pool except during family swim.
- Guest fees for children are \$7 for dependents of members, \$8 for nonmembers. You are welcome to bring guests during the family swim and they can also use Kid's Life Center that same day.
- Water temperature is between 88-90 degrees.
- Anytime there is not a class, there is the opportunity for there to be swim lessons.
- Group fitness classes and instructors are subject to change. Last minute cancellations may occur due to unavoidable circumstances.  
\*Please note: during the summer, family swims will all be held at the outdoor pool, unless there is inclement weather  
\*\* The warm pool is available for members and individual exercises, and will be limited during class times.  
\*\*\*No lap swimming allowed during class times.