

WARM WATER POOL OPEN HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN TIME 5:00-8:00am	OPEN TIME 5:00-9:00am	OPEN TIME 5:00-8:00am	OPEN TIME 5:00-9:00am	OPEN TIME 5:00-8:00am		
					OPEN TIME 6:00-9:00am	
						OPEN TIME 7:00-10:00am
Arthritis 8:00-11:00am		Arthritis 8:00-11:00am		Arthritis 8:00-11:00am		
	Arthritis 9:00-12:00am		Arthritis 9:00-12:00pm		Arthritis 9:00-11:00am	
						Arthritis 10:00-11:00am
Ai Chi 11:00-12:00pm	Physical Therapy 12:00-1:30pm	Ai Chi 11:00-12:00pm		Ai Chi 11:00-12:00pm	OPEN TIME 11:00-6:45pm	OPEN TIME 11:00-4:45pm
OPEN TIME 12:00-12:30pm		OPEN TIME 12:00-12:30pm	OPEN TIME 12:00-3:30pm	Physical Therapy 12:00-2:00pm		
Arthritis 12:30-1:30pm	OPEN TIME 1:30-3:30pm	Arthritis 12:30-1:30pm				
OPEN TIME 1:30-3:30pm		OPEN TIME 1:30-5:30pm		OPEN TIME 2:00-8:45pm		
Physical Therapy 3:30-5:30pm	Physical Therapy 3:30-5:30pm		Physical Therapy 3:30-5:30pm			
Arthritis 5:30-7:30pm	Arthritis 5:30-6:30pm	Arthritis 5:30-6:30pm	Arthritis 5:30-7:30pm			
	OPEN TIME 6:30-9:45pm	OPEN TIME 6:30-9:45pm	OPEN TIME 7:30-9:45pm			
OPEN TIME 7:30-9:45pm						

- No lap swimming allowed
- Maintain a clear path in pool to allow others to move freely; during Arthritis classes and Physical therapy hours, registered participants and patients have priority
- Members are required to shower before entering the pool
- Diving, jumping, loud activity, food or beverages are not permitted in the pool area
- Please keep turbulence and/or splashing to a minimum

For more information, please contact Amy Pierce, Group Exercise Manager at 847.535.7173 or amy.pierce@nm.org

