

Therapy Pool

EFFECTIVE:
APRIL 1, 2008



PARENTS MUST REMAIN IN FACILITY

CLASS DESCRIPTIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Therapy Pool: Temperature is maintained between 87-91 degrees year-round. Programs are geared toward therapy and strength training programs and children's swim lessons.</p> <p>Chico Physical Therapy: CPT utilizes the Therapy Pool for water rehabilitation programs. Please contact CPT for further info.</p> <p>Water Walking II: A non-impact class that increases flexibility, balance and muscle coordination. Participants must be able to walk independently on land for 15 minutes.</p> <p>Sr. Aqua: A 60-minute low-impact class targeting cardiovascular fitness, endurance, strength and flexibility. Class taught at both beginning and intermediate levels.</p> <p>POOL CLOSED – 9:30 – 10:30 AM – Mon-Fri</p> <p>*WET Program: The Community Wellness Group is making a splash. WET offers a safe, fun and social environment to exercise in. Our therapy pool stays at an optimal temperature for loosening stiff joints and tight muscles. *FEE CLASSES</p> <p>AQUATICS COORDINATOR KELLI WAKEFIELD 345-9427</p> <p>SWIMMING LESSON INFORMATION CALL KELLI 345-9427</p> <p><u>NO LIFEGUARDS ON DUTY</u></p> <p>Parent/Child Swim: Open swimming when classes are not in session. All children must have adult supervision up to the age of 14.</p>		<p>8:30–9:30 AM Chico Physical Therapy</p>		<p>8:30–9:30 AM Chico Physical Therapy</p>		<p>Parent/Child Swim</p> <p>3:00-4:00 Kids Play</p>
	<p>9:30–10:30 AM Senior Aquatics Nancy</p> <p>POOL CLOSED 9:30 – 10:30AM</p> <p>*11:00-12:00 WET Kelli</p> <p>12:30-1:30 Chico Physical Therapy</p> <p>4:30-5:30 Aqua Mix Wendi</p> <p>Parent/Child Swim</p>	<p>9:30–10:30 AM Water Walking Nancy</p> <p>POOL CLOSED 9:30 – 10:30AM</p> <p>OPEN</p>	<p>9:30–10:30 AM Senior Aquatics Julie</p> <p>POOL CLOSED 9:30 – 10:30AM</p> <p>*11:00-12:00 WET Kelli</p> <p>12:30-1:30 Chico Physical Therapy</p> <p>4:30-5:30 Aqua Mix Wendi</p> <p>Parent/Child Swim</p>	<p>9:30–10:30 AM Water Walking Annie</p> <p>POOL CLOSED 9:30 – 10:30AM</p> <p>OPEN</p>	<p>9:30–10:30 AM Senior Aquatics Nancy</p> <p>POOL CLOSED 9:30 – 10:30AM</p> <p>*11:00-12:00 WET Kelli</p> <p>12:30-1:30 Chico Physical Therapy</p> <p>4:00-5:00 Aqua Mix Wendi</p> <p>Parent/Child Swim</p>	
						SUNDAY