



# WINTER/SPRING 2018

**POOLS OF HOPE  
CELEBRATING 55 YEARS OF  
PROVIDING LIFE-CHANGING  
THERAPEUTIC AQUATIC &  
WELLNESS PROGRAMS!**

## Aqua Class Schedule

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>8:45</b> Chinese Silk Reeling 45 minutes			
<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9:30 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes
<b>10:30 AM</b> Aqua Wellness (For Developmentally Disabled) 30 Minutes	<b>9:30 AM</b> Senior Aqua Energizer 60 Minutes	<b>10:30 AM</b> Aqua Wellness (For Developmentally Disabled) 30 Minutes	<b>10 AM</b> Aqua Strength & Conditioning 30 Minutes	
<i>"It does not matter how slowly you go as long as you do not stop". - Confucius</i>	<b>10:30 AM</b> Aqua Zumba 1 Hour	<i>What you do today can improve your tomorrow". - Ralph Marston</i>	<b>10:30 AM</b> Aqua Zumba 1 Hour	
<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	
<i>"It always seems impossible until it's done". - Nelson Mandela</i>	<b>2 PM</b> Aqua Volleyball 30 Minutes	CONQUER THE DAY!	<b>2 PM</b> Aqua Volleyball 30 Minutes	
<b>7:00 PM</b> Aqua Fitness 45 Minutes		<b>7:00 PM</b> Aqua Fitness 45 Minutes		
<b>Please check with your doctor prior to starting your aquatic exercise</b>	<b>Need Aquatic Therapy? Doctor Prescription Required. Most Insurance Accepted.</b>		<b>Swim Lessons available for all ages and abilities.</b>	<b>Free Day Pass available for Family/Friends. See Front Desk.</b>

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