

**Warm Springs (Warm Therapy Pool)
January 2 through February 29**

**Discount swim times Monday through Saturday before 10am and Wednesdays
7-8pm**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	<i>Water Motion Class</i>	Adult & Therapy	<i>Water Motion Class</i>	Adult & Therapy	<i>Water Motion Class</i>	Adult & Therapy	
9:00-10:00	<i>Water Motion Class</i>	Open & Therapy 9 - 11 am	<i>Water Motion Class</i>	Open & Therapy 9 - 11 am	<i>Water Motion Class</i>	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00-11:30	Lessons		Lessons		Adult & Therapy 10 - 1 PM		
11:30-12:30	<i>Water Motion</i>	Adult & Therapy 11 - 2:30	<i>Water Motion</i>	Ai Chi 11-12 pm			
12:30-2:30	Open & Therapy	Body Tune-up 12-1 Deep End	Open & Therapy	Adult & Therapy 12-2:30	Open & Therapy	12:00-2:00 Open & Therapy	
2:30-4:00	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00-7:00	<i>Swim Lessons</i>				Highland 4-5 pm		
7:00-8:00					Open & Therapy		

Children, 12 and under, must be accompanied by an adult in the water and be within an arm's length distance at all times. One adult may accompany a maximum of two children. The general public may use the pool during Open Therapy swims, but Therapy patients have priority: you may be asked to relocate to the Blue Lagoon pool. During shaded times the pool is open only for those participating in the activities listed. During grey shaded times pools are open only for those participating in the activities listed. Swim lessons may occur during that time.

Lanes will not be sectioned off during "Open & Therapy" times, except for private lessons.