



specialty fitness

THERAPY & LAP POOL SCHEDULE

MONDAY

6:00AM-7:00pm

Aqua Aerobics: 9:30am-10:15am

TUESDAY

6:00AM-7:00PM

WEDNESDAY

6:00AM-7:00PM

Aqua Aerobics: 9:30am-10:15am

Aqua Aerobics: 5:45pm-6:30pm

THURSDAY

6:00AM-7:00PM

FRIDAY

6:00AM-2:00PM

Aqua Aerobics: 9:30am-10:15am

SATURDAY

8:00AM-1:45PM

Bassett Physical Therapy and YMCA Aquatic Classes/Programs have preference and schedule subject to change. Physical Therapy uses the Therapy Pool Monday-Friday 11:00am-12:00pm & 1:00pm-2:00pm. Aqua Aerobics uses the Therapy Pool Monday, Wednesday & Friday 9:30am-10:15am. Evening Aqua Aerobics uses the Therapy Pool Wednesdays 5:45pm-6:30pm.