



Palos Health & Fitness Center Aquatic Schedule



June 9 – September 7, 2008

Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:05am	Aqua Motion Tom		Aqua Dynamics Tom				
8:20-9:10		Aqua Motion Dawn		Aqua Aerobics Tom			
8:45-9:35						Aqua Aerobics Rotation	
9:20 –10:10	Aqua Aerobics Renee		Aqua Aerobics Christine		Aqua Motion Renee		
9:45 – 10:35		Aqua Aerobics Patti		Water Works Ellen			
10:15 – 11:00	* MS Aquatics Diana		*MS Aquatics Diana		*MS Aquatics Diana		
11:30-12:30pm			*Parkinson's Christine				
12:00-3:00 pm							Family Swim
6:00 – 6:50pm		Water Works Maria		Aqua Aerobics Maria			

Therapy Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15–10:00 am	Senior Aqua Diana	Arthritis Aqua Dawn	Senior Aqua Diana	Arthritis Aqua Tom	Senior Aqua Diana		
10:00 – 10:50		Arthritis Aqua Diana		Arthritis Aqua Maria			
10:15 – 11:00	Senior Aqua Tom		Senior Aqua Tom		Senior Aqua Tom		
11:00 –11:40		*Parent & Tot <i>Fee based</i>					
12:00 -12:50pm	Wet Program Maria		Wet Program Maria		Wet Program Maria		Family Swim (12:00 -3:00)
12:30 – 1:20		Wet Program Diana		Wet Program Diana			
1:00 – 2:00			** Pulmonary Program				
1:30 – 2:15				Yoqua /Diana			
6:00 – 6:40 pm				*Parent & Tot <i>Fee based</i>			
7:00 – 7:45		Arthritis Aqua Jackie/Maria		Arthritis Aqua Diana			
7:00 – 7:50 pm	Wet Program Maria		Wet Program Jackie				

• Attention Lap Swimmers – One lane available for lap swimming during Aqua Aerobic Classes •

Birthday Swim Parties held on Saturdays & Sundays between Hrs. of 12:00-3:00 pm - Please check front desk for schedule

***Pre-registration required at Member Services Desk 708.226-0555**

**** Meets 1st Wednesday of Month Only**

Classes with Consistent low attendance (six or less for a four week time period) will be subject to Cancellation

