

## ROSWELL ADULT AQUATIC CENTER GUIDE FOR ALL ACTIVITIES

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	LANES AVAILABLE	CLASSES	LANES AVAILABLE	CLASSES/THERAPY	LANES AVAILABLE	CLASSES/THERAPY	LANES AVAILABLE	CLASSES/THERAPY	LANES AVAILABLE	THERAPY	LANES AVAILABLE
7:00A	ALL		ALL		ALL		ALL		ALL		ALL
8:00A	ALL		ALL		2,3,4,5	<i>Integrated Therapy</i> 8:00A-4:00P LANE 1	ALL		2,3,4,5	<i>Integrated Therapy</i> 8:00A-4:00P LANE 1	<i>Neverland Aquatics</i> 8:00A-2:30P LANES 1 & 2
9:00A	ALL		ALL		2 & 5		ALL		2,3,4,5	<i>Big Gym Therapy</i> 9:30A-5:30P LANE 1	3,4,5
10:00A	ALL		NONE	<i>Silver Sneakers Splash*</i> 10:10A-10:55A	2,3,4,5		NONE	<i>Silver Sneakers Splash*</i> 10:10A-10:55A	2,3,4,5		3,4,5
11:00A	1	<i>Aquatic Joint Conditioning</i> 11:10A-12:00P	NONE	<i>Silver Sneakers Splash*</i> 11:10A-11:55P	2,3,4,5		1	<i>Aquatic Joint Conditioning</i> 11:10A-12:00P	2,3,4,5		3,4,5
12:00P	NONE	<i>Aqua Balance Flow</i> 12:15P-1:15P	2,3,4,5	<i>Unique Therapy</i> 12:00P-6:00P LANE 1	NONE	<i>Aqua Balance Flow</i> 12:15P-1:15P	2,3,4,5		2,3,4,5		3,4,5
1:15P	ALL		2,3,4,5		2,3,4,5		2,3,4,5	<i>Unique Therapy</i> 12:00P-6:00P LANE 1	2,3,4,5		Pool Closed
2:00P	NONE	<i>Silver Sneakers Splash*</i> 2:10P-2:55P	2,3,4,5		NONE	<i>Silver Sneakers Splash*</i> 2:10P-2:55P	2,3,4,5		2,3,4,5		
3:00P	NONE	<i>Silver Sneakers Splash*</i> 3:10P-3:55P	3,4,5	<i>Neverland Aquatics</i> 3:00P-6:00P LANE 2	2,3,4,5		3,4,5	<i>Neverland Aquatics</i> 3:00P-6:00P LANE 2	2,3,4,5		
4:00P	ALL		3,4,5		ALL		3,4,5		2,3,4,5		
5:00P	ALL		3,4,5		1&5	<i>Aqua Aerobics</i> 5:00P-5:45P	3,4,5		2,3,4,5		
6:00P		Pool Closed	ALL			Pool Closed	3,4,5			Pool Closed	
7:00P				Pool Closed				Pool Closed			

COLOR KEY:	Classes	*Silver Sneakers Classes Ongoing	Open/Reserved Swim	Therapy/Contracted Groups	Facility Closed; Cleaning and Rentals
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This schedule is subject to change. Please call 770-641-3982 for additional info.