

Rex Wellness Center – Garner
Lap Pool Availability

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:00	<i>POOL OPENS at 5:00 a.m.</i>					<i>POOL OPENS at 8:00 a.m.</i>	
8:00 – 9:00	8:15 – 9:00 H2O Fitness		8:15 – 9:00 H2O Fitness		8:15 – 9:00 H2O Fitness	Children's Swim Lessons will take place in the therapy pool from 8:45a.m.–3:05p.m. Children will be in locker room areas before and after class times. Jan 2- Feb. 6	
9:00 – 10:00		9:15 – 10:00 H2O Fitness		9:15 – 10:00 H2O Fitness			
10:00 – 11:00	10:15 – 11:00 H2O Fitness		10:15 – 11:00 H2O Fitness		10:15 – 11:00 H2O Fitness		
11:00 – 12:00							11:15 – 12:00 H2O Fitness
12:00 – 1:00							
1:00 – 2:00							
2:00 – 3:00							
3:00 – 4:00							
4:00 – 5:00							
5:00 – 6:00	5:30 – 6:15 H2O Fitness		5:30 – 6:15 H2O Fitness			<i>POOL CLOSSES at 5:45 p.m.</i>	
6:00 – 7:00		6:00 – 6:45 H2O Fitness		6:00 – 6:45 H2O Fitness	Family Swim 6:00 – 7:45 p.m.		
7:00 - 8:00					<i>POOL CLOSSES at 7:45 p.m.</i>		
8:00 – 9:15	<i>POOL CLOSSES at 8:45 p.m.</i>						

Lap Swimming may not be available during H2O Fitness class times. During Family Swim, participants can use both lap and therapy pools. Children will be in locker room areas before and after. Children over the age of 4 are not allowed in locker rooms of the opposite sex. The restroom located in the Child Activity Center may be used if a parent of the same sex is not present. Please see reverse side for Therapy Pool availability.

Rex Wellness Center – Garner
Therapy Pool Availability

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:00	<i>POOL OPENS at 5:00 a.m.</i>					<i>POOL OPENS at 8:00 a.m.</i>	
8:00 – 9:00						Children's Swim Lessons will take place in the therapy pool from 8:45a.m.–3:05p.m. Children will be in locker room areas before and after class times. Jan 2- Feb. 6	
9:00 – 10:00	9:15 – 10:00 Range of Motion		9:15 – 10:00 Range of Motion		9:15 – 10:00 Range of Motion		
10:00 – 11:00		10:15 – 11:00 Range of Motion		10:15 – 11:00 Range of Motion			
11:00 – 12:00	11:15 – 12:00 H2O Yoga		11:15 – 12:00 H2O Yoga		11:15 – 12:00 Range of Motion		
12:00 – 1:00							
1:00 – 2:00	Aquatic Physical Therapy 1:00 – 4:30	Aquatic Physical Therapy 1:00 – 4:30	Aquatic Physical Therapy 1:00 – 4:30	Aquatic Physical Therapy 1:00 – 4:30			
2:00 – 3:00							
3:00 – 4:00							
4:00 – 5:00							
5:00 – 6:00						<i>POOL CLOSSES at 5:45 p.m.</i>	
6:00 – 7:00	6:30 – 7:15 Range of Motion				Family Swim 6:00 – 7:45 p.m.		
7:00 - 8:00				7:00 – 7:45 H2O Yoga	<i>POOL CLOSSES at 7:45 p.m.</i>		
8:00 – 9:15	<i>POOL CLOSSES at 8:45 p.m.</i>						

Lap Swimming may not be available during H2O Fitness class times. During Family Swim, participants can use both lap and therapy pools. Children will be in locker room areas before and after. Children over the age of 4 are not allowed in locker rooms of the opposite sex. The restroom located in the Child Activity Center may be used if a parent of the same sex is not present. Please see reverse side for Lap Pool availability.