

**Rex Wellness Center – Wakefield  
Therapy Pool Availability**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>		
7:00-8:00							
8:00-9:00						<u>Open Swim</u>	<u>Open Swim</u>
9:00-10:00	<b>9:25-10:10</b> Range of Motion		<b>9:25-10:10</b> Range of Motion			<b>8:15 – 9:00am</b> Range of Motion (\$\$ 10AM-3PM Private swim lessons offered to children)	(\$\$ 8AM – 12PM Private swim lessons offered to children)
10:00-11:00	<u>Open Swim</u>	<b>10:25-11:10</b> Range of Motion	<u>Open Swim</u>	<b>10:25-11:10</b> Range of Motion			
11:00-12:00	<b>11:25-12:10</b> H2O Yoga	<u>Open Swim</u>	(\$\$ 10AM-5PM Private swim lessons offered to children)	<u>Open Swim</u>			
12:00-1:00		<u>Open Swim</u>					
1:00-2:00		(\$\$ 12PM-5PM Private swim lessons offered to children)					
2:00-3:00	(\$\$ 12PM-5PM Private swim lessons offered to children)	(1:00PM-4:30PM Physical Therapy in designated area only)		(\$\$ 12PM-5PM Private swim lessons offered to children)	(\$\$ 12PM-5PM Private swim lessons offered to children)		
3:00-4:00	(1:00PM-4:30PM Physical Therapy in designated area only)		(1:00PM-4:30PM Physical Therapy in designated area only)	(1:00PM-4:30PM Physical Therapy in designated area only)	(1:00PM-4:30PM Physical Therapy in designated area only)		
4:00-5:00							
5:00-6:00						<b>POOL CLOSSES at 5:45 p.m.</b>	
6:00-7:00							
7:00-8:00	<b>6:40 – 7:25pm</b> Range of Motion	<b>7:25-8:10</b> Range of Motion					
8:00-8:45	<b>POOL CLOSSES At 8:45 pm</b>	<b>POOL CLOSSES At 8:45 pm</b>	<b>POOL CLOSSES At 8:45 pm</b>	<b>POOL CLOSSES At 8:45 pm</b>	<b>POOL CLOSSES at 7:45 pm</b>		

**Notes**

- Therapy pool is not available for open swim during Range of Motion classes, H2O Yoga classes, and group swim lessons.
- Private swim lessons for children may take place Monday through Friday during designated times. Only 1-2 children will be in the pool.
- Physical therapy may take place from 1:30-4:30PM, Monday- Friday. A lane divider will be set up to designate this area of the therapy pool at that time.
- \$\$ Paid program, requires registration. A lane divider will be set up to designate this area of the therapy pool during that time