

Rex Wellness Center – Cary
Therapy Pool Availability

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00	POOL OPENS at 5:00 a.m.					POOL OPENS 8:00 a.m.	POOL OPENS 8:00 a.m.
8:00-9:00							
9:00-10:00	<i>9:00-9:45 AM Range of Motion</i>	<i>9:00-9:45 AM Range of Motion</i>	<i>9:00-9:45 AM Range of Motion</i>	<i>9:00-9:45 AM Range of Motion</i>	<i>9:00-9:45 AM Range of Motion</i>	POOL CLOSSES at 5:45 p.m.	
10:00-11:00							
11:00-12:00	<i>11:00-11:45 AM Range of Motion</i>	<i>11:00-11:45 AM Range of Motion</i>	<i>11:00-11:45 AM Range of Motion</i>	<i>11:00-11:45 AM Range of Motion</i>	<i>11:00-11:45 AM Range of Motion</i>		
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00		<i>5:45-6:30 PM Range of Motion</i>		<i>5:45-6:30 PM Range of Motion</i>			
6:00-7:00							
7:00-8:00					POOL CLOSSES at 7:45 p.m.		
8:00-8:45	POOL CLOSSES at 8:45 p.m.						

Notes

- Therapy pool is not available for open swim during Range of Motion classes
- Physical therapy may take place from 2PM-4PM, Monday-Friday. A lane divider will be set up to designate this area of the therapy pool during that time.