

# Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of February 2025

MONDAY	♪ 11:00 - 11:45 AM 12:00 - 12:45	Pilates Feldenkrais Walk This Way	Dorothy H. Pam W.
TUESDAY	11:00 - 11:45 AM ♪ 12:00 - 12:45	Water Wellness (Arthritis Plus Fibromyalgia) Energy	Debra H. Debra H.
WEDNESDAY	11:00 - 11:45 AM ♪ 12:00 - 12:45	Active Agers Balance/Chi Connection	Linda C. Linda C.
THURSDAY	11:00 - 11:45 AM ♪ 12:00 - 12:45	Water Wellness (Arthritis Plus Fibromyalgia) Energy	Debra H./Darlene S. Debra H./Darlene S.
FRIDAY	♪ 11:00 - 11:45 AM ♪ 12:00 - 12:45 6:00 - 7:30	Water Wellness (Arthritis Plus Fibromyalgia) Cardio/Core Family Swim Night* (4 <sup>th</sup> Friday each month)	Sherry R. Sherry R.
SATURDAY	10:30 - 11:15 AM 11:15 - 12:00	Active Agers Barre None	Linda C./Pam W. Linda C./Pam W.
SUNDAY	11:30 AM - 1:00 PM	Children's Swim Lessons**	Theresa M.

---

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

♪ Music will be played during these classes. Pools are located in a shared aquatic area.

\* See Monthly Events Calendar for details.

\*\* See flyer for details.

FOR DAILY CLASS CHANGES OR SUBSTITUTE INSTRUCTORS, PLEASE VISIT OUR WEBSITE [WWW.BAPTISTMILESTONE.COM](http://WWW.BAPTISTMILESTONE.COM).

