



# MAY 2025 - AQUATICS CALENDAR



SUN

MON

TUE

WED

THU

FRI

SAT

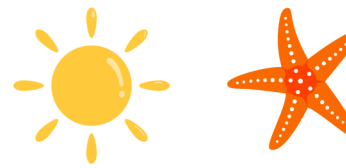
					1 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	2 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	3 SPLASH: 7:30 - 8:15 am OPEN: 8:15 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
4 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	5 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	6 OPEN: 5 - 6:30 am AZ: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	7 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	8 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	9 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	10 OPEN: 7 - 9:30 am AF: 9:30 - 10:15 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	
11 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	12 OPEN: 5 - 9 am AAP: No Class AT: No Class OPEN: 5 - 9 pm	13 OPEN: 5 - 6:30 am AZ: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: No Class AAP: No Class SL: 5 - 7 pm OPEN: 7 - 9 pm	14 OPEN: 5 - 9 am AAP: No Class AT: No Class OPEN: 5 - 9 pm	15 OPEN: 5 - 8 am AAP: No Class SL: 5 - 7 pm OPEN: 7 - 9 pm	16 OPEN: 5 - 10 am HR: No Class MS: No Class OPEN: 2 - 8 pm	17 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	
18 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	19 OPEN: 5 - 9 am AAP: No Class AT: No Class OPEN: 5 - 9 pm	20 OPEN: 5 - 6:30 am AZ: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: No Class AAP: No Class SL: 5 - 7 pm OPEN: 7 - 9 pm	21 OPEN: 5 - 9 am AAP: No Class AT: No Class OPEN: 5 - 9 pm	22 OPEN: 5 - 8 am AAP: No Class SL: 5 - 7 pm OPEN: 7 - 9 pm	23 OPEN: 5 - 10 am HR: No Class MS: No Class OPEN: 2 - 8 pm	24 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	
25 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	26  <i>Closed</i>	27 OPEN: 5 - 6:30 am AZ: 6:30 - 7:15 am OPEN: 7:15 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	28 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	29 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	30 OPEN: 5 - 10 am HR: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	31 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	



**Memorial  
Healthcare**

Wellness  
Center

# MAY 2025 - AQUATICS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
<b>AAP:</b> 10:30 am - 11:30 am  <b>AT:</b> 12:30 pm - 1:30 pm (No Class 5/12 & 5/19)	<b>Aqua Zumba (AZ):</b> <span style="color: orange;">NEW</span> 6:30 - 7:15 am  <b>AT:</b> 10:30 am - 11:30 am (No Class 5/13 & 5/20)  <b>AAP:</b> 12:30 pm - 1:30 pm (No Class 5/13 & 5/20)  <b>SL:</b> 5:00 pm - 7:00 pm	<b>AAP:</b> 10:30 am - 11:30 am (No Class 5/14 & 5/21)  <b>AT:</b> 12:30 pm - 1:30 pm (No Class 5/14 & 5/21)	<b>AAP:</b> 12:30 pm - 1:30 pm (No Class 5/15 & 5/22)  <b>SL:</b> 5:00 pm - 7:00 pm	<b>Hydro Rhythm (HR):</b> <span style="color: orange;">NEW</span> 10:00 - 10:45 am (No Class 5/16 & 5/23)  <b>M.S. /Arthritis Aqua Group</b> 11:00 am - 12:00 pm (No Class 5/16 & 5/23)	<b>SPLASH:</b> 7:30 - 8:15 am (5/3 ONLY)  <b>AF:</b> 9:30 - 10:15 am (5/10 ONLY)  <b>FS (session 1):</b> 10:30 am - 12:00 pm  <b>FS (session 2):</b> 12:30 pm - 2:00 pm	<b>FS (Session 1):</b> 10:30 am - 12:00 pm  <b>FS (Session 2):</b> 12:30 pm - 2:00 pm

**OPEN SWIM VARIES DAILY, PLEASE SEE CALENDAR ON BACK FOR OPEN SWIM TIME.**

## INCLUDED IN WELLNESS CENTER MEMBERSHIP

### AQUA TONE (AT):

Join Robin for this toning water aerobics class!

### OPEN SWIM (OPEN):

Varies daily. Please review daily schedule on back for open swim availability. Adult Members only. Children under the age of 14 are not permitted.

### AQUA FIT (AF):

This 45-minute class includes cardio, toning and muscle conditioning that is upbeat and energetic. Great for all ages and skill levels.

### FAMILY SWIM (FS):

Wellness Center Members are welcome to bring family members below the age of 14 to the Therapy Pool during designated Family Swim hours on Saturdays and Sundays. Registration to attend Family Swim is required and can be completed on the mobile app.

**\*Please choose one of the two sessions\***

### AQUA ZUMBA (AZ): NEW

Make a splash and dance your way to fitness! Aqua Zumba blends the high-energy, Latin-inspired rhythms of Zumba with the low-impact resistance of water. This pool-based workout is perfect for all fitness levels—easy on the joints but a serious workout for the muscles. You'll groove, splash, and laugh your way through cardio, toning, and core work, all while staying cool in the water.

## ADDITIONAL COST AQUATIC PROGRAMS

### ARTHRITIS AQUATIC PROGRAM (AAP):

Classes meet Mondays and Wednesdays, and Tuesdays and Thursdays for 8 weeks. Open to members and non-members.

### MULTIPLE SCLEROSIS (M.S.) AQUA GROUP:

The Multiple Sclerosis Aqua Group is an aquatics program designed for individuals with M.S. This program requires approval or recommendation from a physician to participate. Open to members and non-members.

### SWIM LESSONS (SL):

Swimming lessons are an additional cost to your Wellness Center membership. Open to members and non-members. Schedule and sessions offered varies based on lifeguard availability.

### HYDRO RHYTHM (HR): NEW

Splish Splash with a little dash. This 45-minute water aerobics class is choreographed to music with easy to follow moves. Come join us for a high energy, low impact splash class. Dumbbells and water noodles are used. Make waves for fitness.