

JUNE 2026 - AQUATICS CALENDAR



SUN

MON

TUE

WED

THU

FRI

SAT

	<p>OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>1 OPEN: 5 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>2 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>3 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>4 OPEN: 5 - 10 am HR: 10 - 10:45 am OPEN: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>5 OPEN: 7 - 8 am SPLASH: 8 - 8:45 am OPEN: 8:45 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm</p>
<p>7 OPEN: 7 - 4 pm</p>	<p>8 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>9 OPEN: 5 - 6:30 am AC: 6:30 - 7:15 am OPEN: 7:15 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>10 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>11 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>12 OPEN: 5 - 10 am HR: 10 - 10:45 am OPEN: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>13 OPEN: 7 - 9:45 am BB: 9:45 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm</p>
<p>14 OPEN: 7 - 4 pm</p>	<p>15 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm CLOSED: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>16 OPEN: 5 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>17 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>18 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>19 OPEN: 5 - 10 am HR: 10 - 10:45 am OPEN: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>20 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm</p>
<p>21 OPEN: 7 - 4 pm</p>	<p>22 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>23 OPEN: 5 - 6:30 am AC: 6:30 - 7:15 am OPEN: 7:15 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>24 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm POWER: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm</p>	<p>25 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>	<p>26 OPEN: 5 - 10 am HR: 10 - 10:45 am OPEN: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>27 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm</p>
<p>28 OPEN: 7 - 4 pm</p>	<p>29 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 9 pm</p>	<p>30 OPEN: 5 - 8:30 am AT: 11:15 - 12:15 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 9 pm</p>				




**Memorial
Healthcare**

Wellness
Center

JUNE 2026 - AQUATICS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
AAP: 11:00 am - 12:00 pm AT: 12:30 pm - 1:30 pm POOL POWER (POWER): 6:30 pm - 7:15 pm <i>(Program runs 6/1 - 6/24)</i>	Aqua Circuit (AC): 6:30 am - 7:15 am <i>(Class only 6/9 & 6/23)</i> AT: 11:15 am - 12:15 pm AAP: 12:30 pm - 1:30 pm	AAP: 11:00 am - 12:00 pm AT: 12:30 pm - 1:30 pm POOL POWER (POWER): 6:30 pm - 7:15 pm <i>(Program runs 6/1 - 6/24)</i>	AAP: 12:30 pm - 1:30 pm	HR: 10:00 am - 10:45 am	SPLASH: 8:00 am - 8:45 am <i>(Class only 6/6)</i> BB: 9:45 am - 10:30 am <i>(Class only 6/13)</i> FS (Session 1): 10:30 am - 12:00 pm FS (Session 2): 12:30 pm - 2:00 pm	<p style="text-align: center;">Open Swim</p>  <p style="text-align: center;">7:00 am - 4:00 pm</p>

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

INCLUDED IN WELLNESS CENTER MEMBERSHIP

ADDITIONAL COST AQUATIC PROGRAMS

AQUA TONE (AT):

Aqua Tone is an entry-level aquatic aerobic toning class that focuses on stamina, cardio, and light strength training segments. This class will enhance flexibility and increase range of motion.

AQUA CIRCUIT (AC):

A fast-paced, low-impact pool workout featuring timed stations that target cardio, strength, and core. Rotate through each station using water resistance for a fun, full-body workout suitable for all fitness levels.

BEACH BOOGIE (BB):

Join Julie for a dance aerobics class set to uplifting "feel good" oldies music! Enjoy a fun and effective cardio workout that will have you smiling, moving, and feeling great!

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 select Sundays only. Registration to attend Family Swim is required and can be completed on the mobile app. **Please choose one of the two sessions**

SPLASH & BURN (SPLASH):

A 45-minute, high-energy aerobic class focused on endurance, resistance training, and kickboxing movements.

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.**

ARTHRITIS AQUATIC PROGRAM (AAP):

This aqua group is a low-impact exercise program that has been designed to focus on coordination, flexibility, balance, muscle strength, and light cardiovascular fitness.

HYDRO RHYTHM (HR):

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.

POOL POWER (POWER): NEW!

Pool Power is a high-energy water fitness class designed to build strength, endurance, and confidence through dynamic resistance-based exercises. This full-body workout combines cardio, muscle toning, and functional movement while using the natural resistance of water for a low-impact but powerful training experience. Perfect for all fitness levels looking to push their limits while staying cool.