NOVEMBER 2026 - AQUATICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1 OPEN: 7 - 4 pm	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 PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	3 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 - 4:15 pm KFS: 4:15 - 4:45 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	4 OPEN: 5 - 10 am HR: 10 - 10:45 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	5 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 5 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	6 OPEN: 5 - 10 am HR: 10 - 10:45 am ABS: 11 - 11:40 am OPEN: 2 - 8 pm	7 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
8 OPEN: 7 - 4 pm	9 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 PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	10 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 - 4:15 pm KFS: 4:15 - 4:45 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	11 OPEN: 5 - 10 am HR: 10 - 10:45 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	12 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 5 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	13 OPEN: 5 - 10 am HR: 10 - 10:45 am ABS: 11 - 11:40 am OPEN: 2 - 8 pm	14 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
15 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	16 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 PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	17 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 - 4:15 pm KFS: 4:15 - 4:45 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	18 OPEN: 5 - 10 am HR: 10 - 10:45 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 6:30 pm PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	19 OPEN: 5 - 8:30 am OPEN: 11:15 - 12:30 pm AAP: 12:30 - 1:30 pm OPEN: 1:30 - 5 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	20 OPEN: 5 - 10 am HR: 10 - 10:45 am ABS: 11 - 11:40 am OPEN: 2 - 8 pm	21 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
22 OPEN: 7 - 4 pm	23 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 PP: 6:30 - 7:15 pm OPEN: 7:15 - 9 pm	24 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 - 4:15 pm KFS: 4:15 - 4:45 pm OPEN: 4:45 - 9 pm	25 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 7 pm **Wellness Center closing at 7 pm**	26 Happy Thanksgiving **Wellness Center is closed**	27 OPEN: 5 - 12 pm OPEN: 2 - 4 pm **Wellness Center closing at 4 pm**	28 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
29 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm	30 OPEN: 5 - 11 am AAP: 11 - 12 pm AT: 12:30 - 1:30 pm OPEN: 1:30 - 3 pm OPEN: 5:30 - 9 pm					

Memorial Healthcare | Wellness Center

FOR REGISTRATION QUESTIONS AND ADDITIONAL DETAILS, PLEASE CONTACT THE WELLNESS CENTER AT (989) 720-7081

NOVEMBER 2026 - AQUATICS SCHEDULE

Memorial Healthcare | Wellness Center

MON	TUE	WED	THU	FRI	SAT	SUN
AAP: 11:00 am - 12:00 pm **AT:** 12:30 pm - 1:30 pm **PP**: 6:30 pm - 7:15 pm (Program runs II/2 - II/23)	**AC:** 6:30 am - 7:15 am **AT:** 11:15 am - 12:15 pm **AAP:** 12:30 pm - 1:30 pm **KFS:** 4:15 pm - 4:45 pm (Program runs II/3 - II/24) **SL**: 5:00 pm - 7:00 pm (Program runs II/3- II/19)	**HR:** 10:00 am - 10:45 am (No class II/25) **AAP:** 11:00 am - 12:00 pm **AT:** 12:30 pm - 1:30 pm **PP**: 6:30 pm - 7:15 pm (Program runs II/2 - II/23)	**AAP:** 12:30 pm - 1:30 pm **SL:** 5:00 pm - 7:00 pm (Program runs II/3 - II/19)	**HR**: 10:00 am - 10:45 am (No class II/27) **Adult Beginner Swim (ABS)**: 11:00 am - 11:40 am (Program runs II/6 - II/20)	**FS (Session 1):** 10:30 am - 12:00 pm **FS (Session 2):** 12:30 pm - 2:00 pm	**FS (Session 1):** 10:30 am - 12:00 pm (Only II/15 & II/29) **FS (Session 2):** 12:30 pm - 2:00 pm (Only II/15 & II/29)

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

INCLUDED IN WELLNESS CENTER MEMBERSHIP

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.

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.**

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****

ADDITIONAL COST AQUATIC PROGRAMS

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 (PP):

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.

ADULT BEGINNER SWIM (ABS):

A beginner-friendly class for adults who are new to swimming or uncomfortable in the water. Learn water safety, breathing, floating, and basic swim skills in a supportive, judgment-free environment. No experience required.

KID FIT SWIM (KFS):

A movement-based swim class designed to keep kids active in the water while building confidence, endurance, and strong swim skills through simple drills and guided practice.

SWIM LESSONS (SL): Tuesdays and Thursdays (11/3 - 11/19)