

**Memorial Hospital West
Fitness and Rehabilitation Center
954-844-7125
AQUATICS SCHEDULE
Winter 2012**

M	T	W	T	F	S	S
5-7:50 OPEN POOL	5-7:50 OPEN POOL	5-7:50 OPEN POOL	5-7:50 OPEN POOL	5-7:50 OPEN POOL	6-7:50 OPEN POOL	8-8:50 OPEN POOL
8-8:55 AEROBICS LUIS	8-8:55 AEROBICS ILENE	8-8:55 AEROBICS LUIS	8-8:55 AEROBICS ILENE	8-8:55 AEROBICS ELDA	8-8:55 AEROBICS ELDA	8-8:50 OPEN POOL
9-10:00 PT Patients Only	9:00-9:55 AEROBICS ILENE	9-10:00 PT Patients Only	9-9:55 H2O POWER HOUR ILENE	9-10:00 PT Patients Only	9-3:30 SWIM LESSONS	9-9:55 AEROBICS SHERRY
10-11:00 PT Patients Only	10-10:55 AEROBICS ELDA	10-11:00 PT Patients Only	10-10:55 AEROBICS NANCY	10-11:00 PT Patients Only	3:30-5:50 OPEN POOL	10-3:50 OPEN POOL
11-12:00 PT Patients Only	11-11:45 AQUA FLOW NANCY	11-12:00 PT Patients Only	11-11:45 AQUA FLOW NANCY	11-12:00 PT Patients Only		
12-12:40 PT Patients Only	12-12:45 AQUA FLOW ILENE	12-12:40 PT Patients Only	12-12:45 AQUA FLOW ILENE	12-12:40 PT Patients Only		
12:40-1:50 OPEN POOL	1-1:45 EASY DOES IT ILENE	12:40-1:50 OPEN POOL	1-45 EASY DOES IT ILENE	12:40-1:50 OPEN POOL		
2-4:20 PT Patients Only	2-4:50 OPEN POOL	2-4:20 PT Patients Only	2-4:50 OPEN POOL	2-4:20 PT Patients Only		
4:30-6:20 PT Patients Only	5:00-6:15 SWIMMING LESSONS	4:30-6:20 PT Patients Only	5:00-6:15 SWIMMING LESSONS	4:30-6:30 PT Patients Only		
6:30-7:25 AEROBICS NANCY	6:30-7:25 AEROBICS NANCY	6:30-7:25 AEROBICS SHERRY	6:30-7:25 AEROBICS SHERRY	6:30-7:30 PT Patients Only		
7:30-9:50 OPEN POOL	7:30-9:50 OPEN POOL	7:30-9:50 OPEN POOL	7:30-9:50 OPEN POOL	7:30-8:50 OPEN POOL		

Aquatics Class Descriptions

Aerobics

A challenging aerobic class consisting of cardiovascular and strength training moves, incorporating the aqua weights, noodles and the resistance of the water

All Levels

Aqua Flow

This class is designed to stretch and strengthen the body as you flow through a series of gentle range of motion movements.

All Levels

Easy Does It

A class where you will be led through a series of specially designed exercises in warm water to gently stretch and strengthen the body. This is the perfect class for people with arthritis, fibromyalgia or other orthopedic symptoms.

All Levels

Swimming Lessons

Swimming lessons are offered for children six months up to 9 years old. Classes are year round and consist of eight (8) classes of thirty minutes each. Please see the front desk for upcoming classes.

Private Swim Lessons

We offer private lessons for ages three years to adult. The session consists of five (5) classes of twenty minutes each. Please see the front desk for availability.

PT

Physical Therapy.

This function in the pool is for registered patients only. These are private patient treatment times.

Please contact the PT Department at: (954) 844-7180 for more information.