

LMH Wellness Center Swimming Pool

Schedule

Key
Physical Therapy Sessions
Members' Swim Workout
Recreational Swim
Aqua Zumba

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5am - 10am	Members' Swim Workout					8am - 12pm
10am - 11am		Physical Therapy Sessions	Aqua Zumba	Physical Therapy Sessions		Swim Workout
11am - 12pm						AND
12pm - 1pm	Members' Swim Workout					Recreational Swim
1pm - 2pm	Physical Therapy Sessions		Physical Therapy Sessions			
2pm - 3pm	Physical Therapy Sessions		Physical Therapy Sessions			
3pm - 8:45pm	Recreational Swim					
8:45pm - 9pm	Pool is closed for cleaning.					