FEBRUARY 2023- POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:00- Waterworks Class- Janet 10:15- Aquacize Class- Janet	9:00- Mermaids Class- Linda 10:15- Sr Splash Class- Linda 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Staff 10:15- Aquacize Class- Staff	9:00- Waterworks Class Staff
6	7	8	9	10	11
9:00- Waterworks Class- Linda 10:15- Aquacize Class- Linda 5:30- Waterworks Class- Staff	9:00- Mermaids Class- Janet 10:15- Sr Splash Class- Janet 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Janet 10:15- Aquacize Class- Janet	9:00- Mermaids Class- Linda 10:15- Sr Splash Class- Linda 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Staff 10:15- Aquacize Class- Staff	9:00- Waterworks Class Staff
13	14	15	16	17	18
9:00- Waterworks Class- Linda 10:15- Aquacize Class- Linda 5:30- Waterworks Class- Staff	9:00- Mermaids Class- Janet 10:15- Sr Splash Class- Janet 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Janet 10:15- Aquacize Class- Janet	9:00- Mermaids Class- Linda 10:15- Sr Splash Class- Linda 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Staff 10:15- Aquacize Class- Staff	9:00- Waterworks Class Staff
20	21	22	23	24	25
9:00- Waterworks Class- Linda 10:15- Aquacize Class- Linda 5:30- Waterworks Class- Staff	9:00- Mermaids Class- Janet 10:15- Sr Splash Class- Janet 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Janet 10:15- Aquacize Class- Janet	9:00- Mermaids Class- Linda 10:15- Sr Splash Class- Linda 5:30- Waterworks Class- Staff	9:00- Waterworks Class- Staff 10:15- Aquacize Class- Staff	9:00- Waterworks Class Staff
27	28				
9:00- Waterworks Class- Linda 10:15- Aquacize Class- Linda 5:30- Waterworks Class- Staff	9:00- Mermaids Class- Janet 10:15- Sr Splash Class- Janet 5:30- Waterworks Class- Staff				

KELLER
WELLCARE CENTER

POOL HOURS

Monday - Friday	7:00 a.m.- 8:00 p.m.
Saturday	8:00 a.m.- 1:00 p.m.
Sunday	POOL CLOSED

Keller Kids Korner
Monday - Friday
8:00 a.m.- 11:00 a.m.

Monday-Thursday
3:00 p.m.- 6:00 p.m.

Adults on Their Own

OPEN swim time for members *16 years of age or older*. This is not a structured class. You are welcome to use any of the equipment in the pool area.

Monday- Friday	**7:00 a.m.- 9:00 a.m.**
	11:00 a.m.- 5:30 p.m.
	6:30 p.m.- 8:00 p.m.
Saturday	**10: 15 a.m.- 12:00 p.m.**

Family Affair

OPEN swim time for members of ALL ages. This is the only time 12 and under can utilize the pool. Members and their children will be allowed to use the pool during this time. Children must be able to swim and a parent must be in the pool within arm's reach of children at all times.

Wednesday	**5:30 p.m. - 8:00 p.m.**
Friday	**5:30 p.m.- 8:00 p.m.**
Saturaday	**10:15 a.m.- 12:00 p.m.**

Class Descriptions

Aquacize- Structured class designed for people of any age living with arthritis or any other related conditions. Will include activities and exercises to encourage self-care, social interaction, improved muscular strength, endurance, flexibility, pain management and relief of symptoms. Low intensity endurance will be incorporated.

Sr. Splash PLUS- Structured class designed with basic components from Arthritis class and progresses to an endurance component with longer periods of sustained activity. This class may include the use of more intensity, resistance variations and equipment.

Water Works- Structured Class designed for an aerobic workout. You will learn basic moves and technique cues with plenty of intensity options to suit all levels. All muscle groups will be challenged utilizing a variety of noodles, kickboards, dumbbells and paddles. An appropriate stretch at the end will leave you feeling strong and refreshed.

Mermaids- The water works format but class is ***WOMEN ONLY***.

- All structured aquatic classes will be 45 minutes. Only participants in the class will be permitted to utilize the pool at this time.
- Members 13-15 may attend structured classes with a guardian.
- Currently the pool temp sits around 88 degrees at the lowest. If the pool goes down for maintenance unexpectedly we do our best to call and notify regular users as quickly as possible. If you would like to be notified please leave your contact information at the pool desk and we will add your name to the list.
- There are times when there will be planned maintenance and we do our best to notify members the day before.
- ***AQUA AID AVAILABLE UPON REQUEST-*** We do have a chair lift for individuals who need special assistance entering and exiting the pool. Please speak with the front desk for more information and inform us if we can be of service in this area. This only applies to open pool times not structured classes.