## **DAVIS THERAPY POOL**

## **HOLIDAY**

Effective December 1—January 3

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00							
5:30							
6:00							
6:30							
7:00	OPEN	OPEN	OPEN	OPEN	OPEN		
7:30					7:00-8:30 AM		
8:00							
8:30			SED I	FOR			
9:00 9:30							
10:00		MERC	Y HE	ALTH			
10:30			11.5	$\cap$ $\wedge$ $\wedge$			
11:00		8:3U-	11:5	O AM		OPEN	
11:30	*ARTHRITIS WATER	*ARTHRITIS WATER	*ARTHRITIS WATER	*ARTHRITIS WATER	*ARTHRITIS WATER	7:30 AM	
12:00	EXERCISE 11:30 AM-12:15 PM	- 4:00 PM					
12:30	OPEN	OPEN	OPEN	OPEN	113070112.13111	4:00 PM	
1:00	12:15-1:00 PM	12:15-1:00 PM	12:15-1:00 PM	12:15-1:00 PM			
1:30							OPEN
2:00 2:30		LOSE	שרטו ע	7	OPEN		1 00 514
3:00	$\Lambda\Lambda\Box$		LIEVI.				1:00 PM -
3:30		RCY I			12:15 PM		4:00 PM
4:00	1.0	00-5:		ΝЛ	6:00 PM		
4:30	1:0	JU-5:	UU P				
5:00		OPEN		OPEN			
5:30	OPEN	5:00-5:45 PM	OPEN	5:00-5:45 PM			
6:00	5:00 PM	AQUA YOGA/ MOVEMENT	5:00 PM	AQUA YOGA/ MOVEMENT			
6:30	-	5:45-6:30 PM	-	5:45-6:30 PM			
7:00	8:00 PM	OPEN	8:00 PM	OPEN			
7:30		6:30-8:00 PM		6:30-8:00 PM			
8:00							
8:30							
9:00							

- During open times, must be 18 or older if not accompanied by an instructor.
- \*Arthritis Water Exercise requires registration.
- Pool is not available during Mercy Health's schedule or during scheduled programming. It is recommended that everyone showers before using the pool facilities. Thank you!