

Instructors:  
 - Mary Ann Bush  
 - Ann Sayles  
 - Liz Lound  
 - Ethan Flanery

- Ann Neuman



# Pool Schedule

as of 02/28/18

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6:00AM	Open Swim 6-9AM	Open Swim 6-9AM	Open Swim 6-9AM	Open Swim 6-9AM	Open Swim 6-9AM	X			
6:30							Hydro Fit 6-7AM	Hydro Fit 6-7AM	Open Swim 6-9AM
7:00							Aqua Fit 7:30-8:30	Aqua Fit 7:30-8:30	Open Swim 6-9AM
7:30									Open Swim 6-9AM
8:00									Open Swim 6-9AM
8:30									
9:00	Aquatic Therapy		Aquatic Therapy		Baby & Me 9-10AM	X			
9:30	Aquatic Therapy		Aquatic Therapy				Arthritis 10-11AM		
10:00							Aqua Fit (Ann N) Dune Express 10-11AM	Arthritis 10-11AM	
10:30									
11:00	Aquatic Therapy		Aquatic Therapy				Aquatic Therapy		
11:30									
12:00PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2pm	X			
12:30									
1:00									
1:30									
2:00									
2:30	Aquatic Therapy		Aquatic Therapy		Aquatic Therapy				
3:00	Aquatic Therapy		Aquatic Therapy			Water Wellness 3:30-4:30PM			
3:30					Hydro Fit 4:30-5:30PM				
4:00					Swim Lessons 5:30-6:30PM				
4:30					Open Swim 4:00-6PM				
5:00									
5:30									
6:00	Open Swim 6-8PM	Aqua Fusion 6-7PM	Open Swim 6-8PM	Aqua Fusion 6-7PM		X			
6:30							Swim Lessons 6:30-7:30PM	Swim Lessons 6:30-7:30PM	
7:00									
7:30									
8:00									

601 E Main St Hart, MI 49420

Ph: (231) 873-3577

[www.lakesiderehab.com](http://www.lakesiderehab.com)