

Aquatics Therapy Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-11:00am Florida Hospital Therapy	9:45-10:50am Learn to Swim	9:00-11:00am Florida Hospital Therapy	9:45-10:50am Learn to Swim	9:00-11:00am Florida Hospital Therapy	8:45-10:30am Learn to Swim	8:45-10:30am Learn to Swim
11:00-11:50am Arthritic Wave		11:00-11:50am Arthritic Wave		11:00-11:50am Arthritic Wave		
1:00-1:50pm Therapeutic ABC's				1:00-1:50pm Therapeutic ABC's		
2:00-2:50pm Back Splash		2:00-2:50pm Back Splash		2:00-2:50pm Back Splash		
3:30-5:30pm Florida Hospital Therapy	5:45-7:30pm Learn to Swim	3:30-5:30pm Florida Hospital Therapy	5:45-7:30pm Learn to Swim	3:30-5:30pm Florida Hospital Therapy		

FLORIDA HOSPITAL THERAPY

RDV Sportsplex Athletic Club members or guests are NOT allowed to use the pool because of Medicare guidelines.

GROUP FITNESS CLASSES

During class times, members are welcome to participate in the class. However, during this time no other persons are allowed in the pool. Classes are filled on a first come, first serve basis.

Arthritic Wave

This Arthritis Foundation based program is for the individuals with arthritis or joint pain who wish to improve range of motion and general mobility.

Back Splash

Class designed for the individual with a history of back pain or recent injury. It covers stabilization, flexibility, strengthening, and conditioning.

Therapeutic ABC's

This aquatic body conditioning class incorporates balance, coordination and flexibility. The class is designed to meet the needs of pregnant women, and those with fibromyalgia, arthritis or who are post-rehab.

LEARN TO SWIM, PRIVATE LESSONS, LIFEGUARDING OR WATER SAFETY INSTRUCTOR CLASSES

On occasions, instructional classes and/or lessons will take place in the Therapy Pool. The pool is not closed to members during those times. During Learn to Swim classes, the jets may be turned off. Please ask a lifeguard to turn them back on for you.

Who's Teaching? Go to MVPSportsClubs.com

