

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|--|--|--|---|
| 9:00-9:55 Physical Therapy | 9:00-9:55 Physical Therapy | 9:25-10:10 Deep Water Workout w/Nicole | 9:00-9:55 Physical Therapy | 9:30-10:25 Physical Therapy |
| 10:00-10:55 Physical Therapy | 10:00-10:55 Physical Therapy | 10:15-11:00 Cardio & Strength w/Nicole | 10:00-10:55 Physical Therapy | 10:30-11:25 Physical Therapy |
| 11:15-12:10 Aquilates w/Darlene | 11:00-11:55 Cardio Strength w/Darlene | 11:15-12:00 Flex n Stretch w/Nicole | 11:00-11:55 Cardio Strength w/Darlene | 11:45-12:40 Open Pool |
| 12:15-1:10 Open Pool | 12:15-1:10 Open Pool | 12:15-1:10 Open Pool | 12:15-1:10 Open Pool | 12:50-1:35 Stretch n Flex w/Nicole |
| 1:30-2:25 Physical Therapy | | 1:30-2:25 Physical Therapy | | 1:45-2:30 Cardio & Strength w/Nicole |
| 2:30-3:25 Physical Therapy | 2:30-3:25 Open Pool | 2:30-3:25 Physical Therapy | 2:30-3:25 Open Pool | 2:30-3:15 Deep Water Workout w/Nicole |
| 3:30-4:25 Open Pool | 3:30-4:25 Physical Therapy | | 3:30-4:25 Physical Therapy | |
| | 4:30-5:25 Physical Therapy | | 4:30-5:25 Physical Therapy | |
| 5:30-6:25 Open Pool | 5:30-6:25 Open Pool | | 5:30-6:25 Open Pool | |

Aquatic Therapy Pool Rules

1. To work with a Physical Therapist in the pool, an evaluation must be scheduled with the receptionist.
2. To participate in **Open Pool**, please complete the Aquatic Intake, Health History, and Agreement to Participate forms.
3. Don't forget to bring aquatic shoes, towel, a change of clothes to put on after your session, and please be dressed in swim suit upon arrival
4. Please do not leave personal items in patient restroom. Hanging garment bags are available to store personal items while in the pool. PTS is not responsible for lost or stolen articles.
5. No Street shoes are allowed in the pool area. Aquatic shoes must be worn on the pool deck and in the pool.
6. No entry into the pool water unless a PTS staff member is in the pool area.
7. Everyone must shower before entering the pool to wash off all soaps, lotions, gels, etc.
8. Please remember to use the bathroom before pool sessions.
9. No food or beverages are allowed in the pool area, except for water in plastic containers.
10. No running, diving, or disruptive behavior is allowed.