

Take Charge Fitness Program

Pool Class 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00			8 - 8:50 Movin' Deep		8 - 8:50 Movin' Deep
9:00			9:30 - 10:20 Aqua Pilates & Barre		
10:00					
11:00		11-11:50 Wet & Fun		11-11:50 Wet & Fun	
12:00					
1:00					
4:00					
5:00	5:10-6 Wet & Fun				
6:00					

Pool Rules
 No life guard on duty
 Swim at your own risk
 Pool for TCF member and CORA patient only
 Adult should not swim alone

Pool Hours
 Monday -Thursday
 6:00AM - 6:30PM
 Friday
 6:00AM - 6:00PM
 Saturday & Sunday
 CLOSED