

NOVEMBER 2017 POOL SCHEDULE

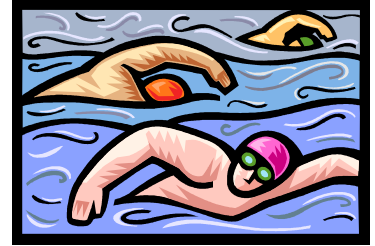
Health Quest sports two swimming pools, each with a different function.

Our larger pool is a 25 yard lap pool. This pool is kept between 77 and 79 degrees, the perfect temperature for swim exercise. We offer a few programs in this pool. If you do not wish to participate in the programming, please check the schedule for our open swim times.

Our smaller pool is called the "Fitness Pool". This pool is covered and is kept at a warmer temperature than its neighbor, as its use is mainly for rehabilitative exercise and children's swim lessons. The schedules below change on a monthly basis so be sure to pick up a copy in the HQ lobby.

PLEASE TAKE NOTE:

- HEALTHQUEST MEMBERS MUST FOLLOW THE POSTED RULES
- THERE IS NO LIFEGUARD ON DUTY
- SHOWERS ARE REQUIRED PRIOR TO ENTERING THE SWIMMING POOLS OR SPAS

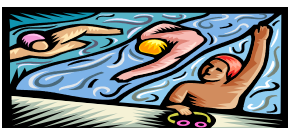


FITNESS POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9:00 OPEN	5:00-7:30 OPEN 7:30-8:30 AQUA	5:00-9:00 OPEN	5:00-7:30 OPEN 7:30-8:30 AQUA	5:00-9:00 OPEN	7:00-9:00 OPEN	OPEN ALL DAY
9:00-10:00 AQUA	8:30-3:30 OPEN	9:00-10:00 AQUA	8:30-3:30 OPEN	9:00-10:00 AQUA	9:00-10:00 AQUA	
10:00-6:00 OPEN		10:00-2:00 OPEN		10:00-8:45 OPEN	10:00-12:00 SWIM LESSONS	
		2:00-5:00 SWIM LESSONS			12:00-6:45 OPEN	
	3:30-6:00 SWIM LESSONS	5:00-6:00 OPEN	3:30-6:00 SWIM LESSONS			
6:00-7:00 AQUA	6:00-9:45 OPEN	6:00-7:00 AQUA	6:00-9:45 OPEN			
7:00-9:45 OPEN		7:00-9:45 OPEN				

LAP POOL (LAP POOL OPEN ALL OTHER TIMES)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3:30-4:00 pm LEVEL 5/6		3:30-4:00 pm LEVEL 5/6		9:00-10:30 am ADULT SWIM	
	4:00-4:45 pm PRE-SWIM TEAM		4:00-4:45 pm PRE-SWIM TEAM			
	4:00-5:15 pm SWIM TEAM		4:00-5:15 pm SWIM TEAM			
	5:30-6:30 pm ADULT SWIM		5:30-6:30 pm ADULT SWIM			



ADULT SWIM

A Coached Adult Swim workout. All ages and levels welcome. Pool lanes are closed for non class participants during these hours.