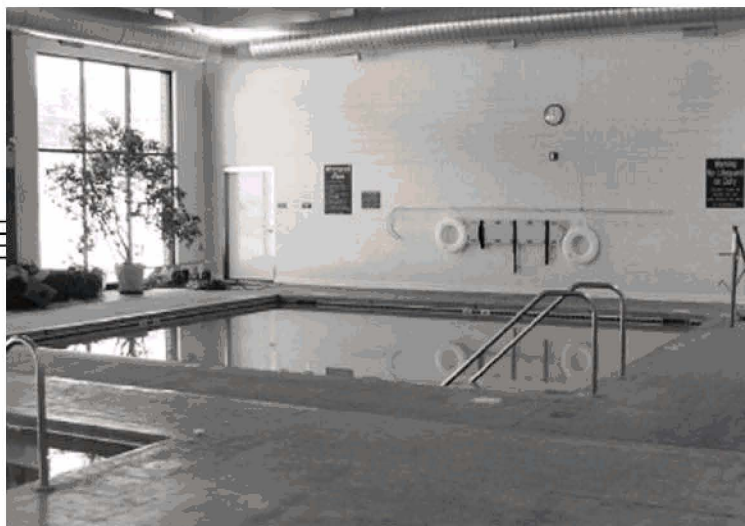


Therapy Pool Schedule and Policies

Arthritis Aquatic Classes:

Monday Wednesday Friday
10:10—10:45am

These classes are designed to help those with arthritis and other joint/muscle pain and range of motion troubles.



- The Therapy Pool is kept at a constant temperature of 93 degrees.
- The temperature of this pool is for relaxation and therapeutic purposes.
- The temperature of this water is **NOT SAFE** for water exercise where the heart rate is elevated—especially for those with blood pressure and/or heart conditions.
- Children 12 years of age and younger are NOT allowed in the therapy pool—this includes family swim—unless there is a swim class being taught by a Mercy Fitness Center Swim Instructor.*
- Anyone caught horse playing or abusing the intended purposes of the pool will be asked to leave the pool.

Thank you for abiding by these policies—they are all designed for your safety and provides a calming environment.

Turn over for the Lap Pool Schedule...