

# :MILLS-PENINSULA HEALTH SERVICES

# AQUATICS DAILY SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	IND	CLASSES	IND	CLASSES	IND	CLASSES	IND	CLASSES	IND	CLASSES	IND
6:30	LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY		
7:00	6:30a - 7:15a		6:30a - 7:15a		6:30a - 7:15a		6:30a - 7:15a		6:30a - 7:15a		
7:30	OPEN	W.E.T. 7:30	OPEN		OPEN	W.E.T. 7:30	OPEN		OPEN		
8:00	7:15-9:00a				7:15-9:00a				7:15-9:00a		
8:30											
9:00	PHYSICAL THERAPY				PHYSICAL THERAPY				PHYSICAL THERAPY		OPEN 9:00a - 2:00p **
9:30	9:00a - 12:15p		WATER WORKOUT		9:00a - 12:15p		WATER WORKOUT		9:00a - 12:15p		
10:00	CLOSED		9:30		CLOSED		9:30		CLOSED		
10:30	SESSION				SESSION				SESSION		
11:00			ARTHRITIS PROGRAM				ARTHRITIS PROGRAM				
11:30	AI CHI 11:25		11:30				11:30				
12:00	OPEN		OPEN	HEART HEALTH	OPEN		OPEN	HEART HEALTH	OPEN		
12:30	12:15-2:30p				12:15-2:30p				12:15-2:30p		
1:00	AQUALITE				AQUALITE				AQUALITE		
1:30	1:00				1:00				1:00		
2:00											
2:30											
3:00	PHYSICAL THERAPY				PHYSICAL THERAPY				PHYSICAL THERAPY		
3:30	2:30p - 5:15p				2:30p - 5:15p				2:30p - 5:15p		
4:00	CLOSED SESSION				CLOSED SESSION				CLOSED SESSION		
4:30											
5:00	OPEN		OPEN	W.E.T.	OPEN		OPEN	W.E.T.	OPEN		
5:30	5:15 - 8:30pm				5:00				5:15-8:30pm		5:00
6:00	W.E.T.				W.E.T.				W.E.T.		
6:30	6:00		AQUAFIT		6:00		AQUAFIT		6:00		
7:00			6:30				6:30				
7:30			STRETCH & TONE				STRETCH & TONE				
8:00			7:30				7:30				
8:30*											

\*\*Locker rooms  
Close at 2:15p

\*Pool closes at 8:30pm and  
locker rooms close at 8:45pm.

For Questions, Pool Front Desk: 650-696-4319  
To Schedule Appointments or Orientation: 650-696-4315

Updated  
January 2010