



# Longmont United Hospital *Health Ambitions*

## Pool Schedule

Effective Monday, October 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:30 AM</b>	Open Swim 6:30-7:00	Open Swim 6:30-8:00	Open Swim 6:30-7:00	Open Swim 6:30-8:00	Open Swim 6:30-7:00		
<b>7:00 AM</b>	Aqua Aerobics 7:00-7:50		Aqua Aerobics 7:00-7:50		Aqua Aerobics 7:00-7:50	Open Swim 7:00-9:00	
<b>8:00 AM</b>	Young at Heart 8:30-9:20	Young at Heart 8:00-8:50	Young at Heart 8:30-9:20	Young at Heart 8:00-8:50	Young at Heart 8:30-9:20		
<b>9:00 AM</b>						Young at Heart 9:00-9:50	
<b>10:00 AM</b>	Arthritis 10:00-10:50	Arthritis 10:00-10:50	Arthritis 10:00-10:50	Arthritis 10:00-10:50	Ai Chi 10:00-10:50	Open Swim 10:00-2:00	Open Swim 10:00-2:00
<b>11:00 AM</b>	Open Swim 11:00-4:30	Pool Closed 11:00-Noon	Open Swim 11:00-4:30	Pool Closed 11:00-Noon	Open Swim 11:00-4:30		
<b>12 NOON</b>		Open Swim Noon-5:00		Open Swim Noon-5:00			
<b>1:00 PM</b>							
<b>2:00 PM</b>						Closed	Closed
<b>3:00 PM</b>						<b>Please call Health Ambitions to verify class times at 303.485.4161. Class times and offerings are subject to change. Thank you!</b>	
<b>4:00 PM</b>	Young at Heart 4:30-5:20*		Young at Heart 4:30-5:20*		Young at Heart 4:30-5:20		
<b>5:00 PM</b>	Ai Chi 5:30-6:20	Aqua Aerobics 5:15-6:05	Arthritis 5:30-6:20	Aqua Aerobics 5:15-6:05	Open Swim 5:30-7:00		
<b>6:00 PM</b>		Open Swim 6:00-7:00		Open Swim 6:00-7:00			
<b>7:00 PM</b>	Closed	Closed	Closed	Closed	Closed		

\*This class accommodates prenatal participants

Changing The *Caring* Experience...