

LMH Wellness Center Swimming Pool

Schedule

Key

Physical Therapy Sessions

Members' Swim Workout

Recreational Swim

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.		
5am - 10am	Members' Swim Workout					8am - 12pm Swim Workout AND Recreational Swim		
10am - 11am		Physical Therapy Sessions		Physical Therapy Sessions				
11am - 12pm								
12pm - 1pm		Members' Swim Workout						
1pm - 2pm	Physical Therapy Sessions		Physical Therapy Sessions					
2pm - 3pm								
3pm - 8:45pm	Recreational Swim							
8:45pm - 9pm	Pool is closed for cleaning.							