

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	Physical Therapy Sessions		Physical Therapy Sessions			
3pm - 8:45pm		Recreational Swim		Recreational Swim		
8:45pm - 9pm	Pool is closed for cleaning.					