

JUNE 2023 - AQUATICS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
OPEN: 5:00 am - 8:00 am AAP: 10:30 am - 11:15 am AT: 12:30 pm - 1:15 pm NO CLASS 6/12 & 6/19 SPLASH: 12:30 - 1:15 pm NEW! 6/12 & 6/19 ONLY OPEN: 5:00 pm - 9:00 pm	OPEN: 5:00 am - 8:00 am AT: 10:30 am - 11:15 am NO CLASS 6/13 & 6/20 SPLASH: 10:30 - 11:15 am 6/13/23 & 6/20/23 ONLY NEW! AAP: 12:30 pm - 1:15 pm OPEN: 5:00 pm - 9:00 pm <i>(June 27th)</i> SL: 5:00 pm - 7:15 pm <i>(June 6th, 13th, & 20th)</i> SPLASH: 7:30 - 8:15 pm NEW! Class begins 6/13/23 OPEN: 7:30 - 9:00 pm	OPEN: 5:00 am - 6:45 am SPLASH: 6:45 - 7:30 am NEW! Class begins 6/7/23 OPEN: 7:30 am - 8:00 am AAP: 10:30 am - 11:15 am AT: 12:30 pm - 1:15 pm NO CLASS 6/14 ONLY SPLASH: 12:30 - 1:15 pm NEW! 6/14 ONLY OPEN: 5:00 pm - 9:00 pm	OPEN: 5:00 am - 8:00 am AAP: 12:30 pm - 1:15 pm OPEN: 5:00 pm - 9:00 pm <i>(June 1st & 29th)</i> SL: 5:00 pm - 7:15 pm <i>(June 8th, 15th, & 22nd)</i> OPEN: 7:30 pm - 9:00 pm	OPEN: 5:00 am - 6:00 am SPLASH: 6:00 - 6:45 am NEW! Class begins 6/9/23 OPEN: 6:45 am - 8:00 am M.S. Aqua Group 11:00 am - 12:00 pm OPEN: 2:00 pm - 9:00 pm	OPEN: 8:00 am - 11:00 am FS: 11:00 am - 1:00 pm OPEN: 1:00 pm - 4:00 pm	OPEN: 8:00 am - 11:00 am FS: 11:00 am - 1:00 pm OPEN: 1:00 pm - 4:00 pm

OPEN SWIM (OPEN):

Varies daily. Please review weekly calendar above and daily schedule on back for open swim availability.

AQUA TONE (AT):

Included in your Wellness Center Membership, join Robin for this toning water aerobics class!

FAMILY SWIM (FS):

Wellness Center Members are welcome to bring family members below the age of 13 to the Therapy Pool during designated Family Swim hours on Saturdays and Sundays. Please be sure to check the monthly schedule for the days Family Swim is available.

SPLASH & BURN (SPLASH): **NEW!**

Included in your Wellness Center Membership, a 45-minute, high-energy aerobic class focused on endurance, resistance training, and kickboxing movements.

ARTHRITIS AQUATIC PROGRAM (AAP):

The Arthritis Aquatic Program is an additional cost to your Wellness Center Membership. Classes meet Mondays and Wednesdays, and Tuesdays and Thursdays for 8 weeks. Open to members and non-members.

MULTIPLE SCLEROSIS (M.S.) AQUA GROUP:

The Multiple Sclerosis Aqua Group is an aquatics program designed for individuals with M.S. This program is an additional cost to your Wellness Center Membership and requires approval or recommendation from a physician to participate. Open to members and non-members.

SWIM LESSONS (SL):

Swimming lessons are an additional cost to your Wellness Center membership. Open to members and non-members. Schedule and sessions offered varies based on lifeguard availability.

FOR REGISTRATION QUESTIONS AND ADDITIONAL DETAILS, PLEASE CONTACT THE WELLNESS CENTER AT (989) 720-7081

OR BY EMAIL AT WELLNESSCENTERHELP@MEMORIALHEALTHCARE.ORG



JUNE 2023 - AQUATICS CALENDAR



SUN

MON

TUE

WED

THU

FRI

SAT

					1 OPEN: 5 - 8 am AAP: 12:30 - 1:15 pm OPEN: 5 - 9 pm	2 OPEN: 5 - 8 am MS:11 am - 12 pm OPEN: 2 - 9 pm	3 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm
4 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	5 OPEN: 5 - 8 am AAP: 10:30 - 11:15 am AT: 12:30 - 1:15 pm OPEN: 5 - 9 pm	6 OPEN: 5 - 8 am AT: 10:30 - 11:15 am AAP: 12:30 - 1:15 pm SL: 5 - 7 pm OPEN: 8:15 - 9 pm	7 OPEN: 5 - 6:45 am SPLASH: 6:45 - 7:30 am OPEN: 7:30 - 8 am AAP: 10:30 - 11:15 am AT: 12:30 - 1:15 pm OPEN: 5 - 9 pm	8 OPEN: 5 - 8 am AAP: 12:30 - 1:15 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	9 OPEN: 5 - 6 am SPLASH: 6 - 6:45 am OPEN: 6:45 - 8 am MS:11 am - 12 pm OPEN: 2 - 9 pm	10 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	
11 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	12 OPEN: 5 - 8 am AAP: 10:30 - 11:15 am SPLASH: 12:30 - 1:15 pm OPEN: 5 - 9 pm	13 OPEN: 5 - 8 am SPLASH: 10:30 - 11:15 am AAP: 12:30 - 1:15 pm SL: 5 - 7 pm SPLASH: 7:30 - 8:15 pm OPEN: 8:15 - 9 pm	14 OPEN: 5 - 6:45 am SPLASH: 6:45 - 7:30 am OPEN: 7:30 - 8 am AAP: 10:30 - 11:15 am SPLASH: 12:30 - 1:15 pm OPEN: 5 - 9 pm	15 OPEN: 5 - 8 am AAP: 12:30 - 1:15 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	16 OPEN: 5 - 6 am SPLASH: 6 - 6:45 am OPEN: 6:45 - 8 am MS:11 am - 12 pm OPEN: 2 - 9 pm	17 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	
18 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	19 OPEN: 5 - 8 am AAP: 10:30 - 11:15 am SPLASH: 12:30 - 1:15 pm OPEN: 5 - 9 pm	20 OPEN: 5 - 8 am SPLASH: 10:30 - 11:15 am AAP: 12:30 - 1:15 pm SL: 5 - 7 pm SPLASH: 7:30 - 8:15 pm OPEN: 8:15 - 9 pm	21 OPEN: 5 - 6:45 am SPLASH: 6:45 - 7:30 am OPEN: 7:30 - 8 am AAP: 10:30 - 11:15 am AT: 12:30 - 1:15 pm OPEN: 5 - 9 pm	22 OPEN: 5 - 8 am AAP: 12:30 - 1:15 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	23 OPEN: 5 - 6 am SPLASH: 6 - 6:45 am OPEN: 6:45 - 8 am MS:11 am - 12 pm OPEN: 2 - 9 pm	24 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	
25 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	26 OPEN: 5 - 8 am AAP: 10:30 - 11:15 am AT: 12:30 - 1:15 pm OPEN: 5 - 9 pm	27 OPEN: 5 - 8 am AT: 10:30 - 11:15 am AAP: 12:30 - 1:15 pm OPEN: 5 - 7:30 pm SPLASH: 7:30 - 8:15 pm OPEN: 8:15 - 9 pm	28 OPEN: 5 - 6:45 am SPLASH: 6:45 - 7:30 am OPEN: 7:30 - 8 am AAP: 10:30 - 11:15 am AT: 12:30 - 1:15 pm OPEN: 5 - 9 pm	29 OPEN: 5 - 8 am AAP: 12:30 - 1:15 pm OPEN: 5 - 9 pm	30 OPEN: 5 - 6 am SPLASH: 6 - 6:45 am OPEN: 6:45 - 8 am MS:11 am - 12 pm OPEN: 2 - 9 pm	JULY 1 OPEN: 8 - 11 am FS: 11 am - 1 pm OPEN: 1 - 4 pm	



Memorial
Healthcare

Wellness
Center