



Effective Sept 6<sup>th</sup>, 2011

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am	*Aqua Fitness	Aqua Fitness		*Aqua Fitness			
8:30am							
9:00am	Aqua Fitness		Aqua Fitness	Aqua Fitness	Aqua Fitness	*Aqua Fitness	
10:00am				Aqua Fitness	Aqua Fitness	Aqua Fitness	
1:00pm							
4:00pm							
6:00pm		Aqua Fitness	Aqua Fitness	Aqua Fitness			
7:00pm	Aqua Fitness						

\*Warm water pool only



POOL	MON	TUE	WED	THU	FRI	SAT	SUN
8:30am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm	Winthrop Physical Therapy 1-4pm	Winthrop Physical Therapy 1-2pm	Winthrop Physical Therapy 1-4pm	Winthrop Physical Therapy 1-3pm	Winthrop Physical Therapy 1-4pm	Family Swim (1-4pm)	Family Swim (1-4pm)
4:00pm	Family Swim 4-5pm	Family Swim 4-5pm	Family Swim 4-5pm	Family Swim 4-5pm	Family Swim 4-5pm		
5:30pm							
7:30pm		Family Swim 7:30-8:30pm	Family Swim 7:30-8:30pm		Family Swim 7:30-8:30pm		

1300 Franklin Ave, Garden City, NY 11530 • 516-741-1057 • [www.healthtrax.com](http://www.healthtrax.com)

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-12:30pm / Monday-Thursday 4:00-8:00pm (reservations required)