

**Philadelphia Protestant Home  
Pool Schedule  
Effective 07/30/2018**



**PPH Wellness Programs - POOL Schedule**

| <u>TIME</u> | <u>Monday</u><br>8am - 8pm | <u>Tuesday</u><br>1pm - 8pm | <u>Wednesday</u><br>8am - 8pm | <u>Thursday</u><br>1pm - 8pm      | <u>Friday</u><br>8am - 430pm                  | <u>Saturday</u><br>9am - 4pm  | <u>Sunday</u><br>NOON - 4pm |
|-------------|----------------------------|-----------------------------|-------------------------------|-----------------------------------|---|---|-----------------------------|
| 8 - 9:00am  | Open Swim                  | Pool Closed                 | Open Swim                     | Pool Closed                       | Open Swim                                     | Pool Closed   | Pool Closed                 |
| 9 - 9:30am  | Open Swim                  |                             | Open Swim                     |                                   | Open Swim                                     | Open Swim   |                             |
| 9:30-10:30a | AquaPPhit                  |                             | AquaPPhit                     |                                   | Silver & Fit 10am<br>Joint Effort (Arthritis) | AquaPPhit<br>10-11am  |                             |
| 10:45-11:45 | Body Motion<br>(Arthritis) |                             | Body Motion<br>(Arthritis)    |                                   | Open Swim                                     | Open Swim   |                             |
| 12:00-1:00  | Pool Closed                |                             | Pool Closed                   |                                   | Pool Closed                                   | Pool Closed   |                             |
| 1:00-2:30   | Open Swim                  | Waterwalk                   | Open Swim                     | Waterwalk                         | Open Swim<br>1-3:30pm                         |  | AquaPPhit<br>1pm - 2pm      |
| 2:30-3:30   |                            | HydroPPhit                  | HydroPPhit                    | Open Swim                         |   |   | FAMILY<br>Open Swim         |
| 3:30-4:30   | HydroPPhit-3:45-430        | Open Swim                   | Open Swim                     | NEW<br>AquaPPhit<br>4:45 - 5:45pm | LAP-PY HOUR<br>(LAP SWIM ONLY)<br>3:30-4:30pm | 11am -4pm   | 2pm - 4pm                   |
| 4:30-6:00   | Open Swim<br>430-8PM       | AquaPPhit<br>4:45 - 5:45pm  | AquaPPhit                     |                                   | Open Swim                                     | Pool Closed   | Pool Closed                 |
| 6:00-7:00   |                            | Open Swim                   | AquaPPhit                     | Open Swim                         | Pool Closed                                   | Pool Closed   | Pool Closed                 |
| 7:00-8:00   |                            | Volleyball                  | Open Swim                     | Volleyball                        | Pool Closed                                   | Pool Closed   | Pool Closed                 |

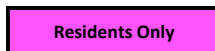
**LEGEND:**



**PPH Wellness Programs - LAND Schedule**

| <u>TIME</u>  | <u>Monday</u>  | <u>Tuesday</u>                            | <u>Wednesday</u>                              | <u>Thursday</u>                           | <u>Friday</u>                                       | <u>Saturday</u>   | <u>Sunday</u> |
|--------------|--|---|---|---|---|---|---------------|
| 7:00 -8:00am |  |   |   |   |   | <b>WELLNESS CENTER HOURS:</b><br><br><b>Community &amp; Prime Members:</b><br>Mon-Fri 6AM - 8PM<br>Sat & Sun 8AM - 4PM<br><br><b>Silver Sneakers &amp; Silver &amp; Fit Members:</b><br>Mon-Sun 8AM - 4PM<br><br><b>Twilight Membership</b><br>M-F 5 - 8PM<br>Sat & Sun 8AM - 4PM<br>Inquire about pricing<br>Ask about Swim Lessons and POOL PARTIES |               |
| 9:30-10:30   | Silver Sneaker®<br>Chair Yoga<br>GW Rec Room<br>9:30-10:30 | ChairRobics<br>GW Rec Room<br>9:30-10     |   | ChairRobics<br>GW Rec Room<br>9:30-10     | Silver & Fit<br>Gentle YOGA<br>GW Rec Room<br>10-11 |   |               |
| 10:00-11:00  | Geri-Active<br>Pathways<br>4th Fl 10:30-11                 | SilverSneaker®<br>GW Rec Room<br>10:15-11 |   | SilverSneaker®<br>GW Rec Room<br>10:15-11 |   |   |               |
| 11:00 - NOON | MS Yoga<br>GW Rec Room<br>11-12                            |   |   |   | Get outside and Walk<br>PPhit!                      |   |               |
| 12:00-12:30  | Get outside and Walk<br>PPhit!                             | Get outside and Walk<br>PPhit!            | Get outside and Walk<br>PPhit!                | YOGA FLOW<br>POOL AREA<br>12-12:55pm      |   |   |               |
| 1:00-2:00    |  |   | Silver & Fit<br>Tai Chi<br>GW Rec Room<br>1-2 |   | Mid Day Stretch<br>GW Rec Room<br>1:30-2:15pm       |   |               |
| 1:30-2:00    | Mid Day Stretch<br>GW Rec Room<br>1:30-2:15pm              |   |   |   |   |   |               |
| 2:00-2:30    |  |   | Mid Day Stretch<br>GW Rec Room<br>2-2:45      |   |   |   |               |
| 5:00-6:00    |  |   |   |   |   |   |               |

**LEGEND:**



For More information, [www.pphfamily.org](http://www.pphfamily.org)  
or please call  
(215) 697-8007