

**Philadelphia Protestant Home  
Pool Schedule  
Effective 01/01/2019**




**PPH Wellness Programs - POOL Schedule**

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

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>  <b>Community &amp; Prime Members:</b> Mon-Fri 6AM - 8PM Sat & Sun 8AM - 4PM  <b>Silver Sneakers &amp; Silver &amp; Fit Members:</b> Mon-Sun 8AM - 4PM  <b>Twilight Membership</b> M-F 5 - 8PM Sat & Sun 8AM - 4PM Inquire about pricing Ask about Swim Lessons and POOL PARTIES	
9:30-10:30	Silver Sneaker® Chair Yoga GW Rec Room 9:30-10:30	ChairRobics GW Rec Room 9:30-10		ChairRobics GW Rec Room 9:30-10	Silver & Fit Gentle YOGA GW Rec Room 10-11		
10:00-11:00	Geri-Active Pathways 4th Fl 10:30-11	SilverSneaker® GW Rec Room 10:15-11		SilverSneaker® GW Rec Room 10:15-11			
11:00 - NOON	MS Yoga GW Rec Room 11-12				Get outside and Walk PPhit!		
12:00-12:30	Get outside and Walk PPhit!	Get outside and Walk PPhit!	Get outside and Walk PPhit!				
1:00-2:00			Silver & Fit Tai Chi GW Rec Room 1-2		Mid Day Stretch GW Rec Room 1:30-2:15pm		
1:30-2:00	Mid Day Stretch GW Rec Room 1:30-2:15pm				 The Philadelphia Protestant Home ALL-IN-ONE SENIOR LIVING		
2:00-2:30			Mid Day Stretch GW Rec Room 2-2:45				
5:00-6:00							

LEGEND:

