

# SECRET WELLNESS POOL SCHEDULE

SECRET RECREATION CENTER  
6820 W 66th Ave.  
303.403.2555  
ApexPRD.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Wellness 9 am-3 pm	Open Wellness 8 am-12 pm	Ai Chi* 8-8:55 am	Open Wellness 8 am-4:30 pm	Ai Chi* 8-8:55 am	Open Wellness 8 am-3 pm	Swim Lessons 9-11 am
All Ages Open Wellness 3-5 pm	AFAP* 12-1 pm	Water Tai Chi* 9-9:55 am	Swim Lessons 4:30-6:30 pm	Water Tai Chi* 9-9:55 am	Teen Wellness 3-5 pm	Open Wellness 11 am-3 pm
Open Wellness 5-6 pm	Open Wellness 1-4:30 pm	Open Wellness 10 am-3 pm	Open Wellness 6:30-8 pm	Open Wellness 10 am-12 pm	Open Wellness 5-6 pm	All Ages Open Wellness 3-5 pm
	Swim Lessons 4:30-6:30 pm	Teen Wellness 3-5 pm		AFAP* 12-1 pm		Open Wellness 5-6 pm
	Open Wellness 6:30-8 pm	Open Wellness 5-6 pm		Open Wellness 1-3 pm		
		Ai Chi* 6-6:55 pm		Teen Wellness 3-5 pm		
		Open Wellness 7-8 pm		Open wellness 5-6 pm		
				Ai Chi* 6-6:55 pm		
				Open Wellness 7-8 pm		

\*Ai Chi, AFAP and Water Tai Chi are all registration-based classes and are not included in the daily drop in fee or pass visit. For our current listing of available classes please visit: <http://apexprd.maxgalaxy.net/BrowseActivities.aspx>

Effective September 2018

This schedule is subject to change

### **Ai Chi (\*)**

Ai Chi combines deep breathing and slow movements. Postures, from hand movements to balancing the whole body, invite awareness, relaxation and tranquility.

### **Arthritis Foundation Aquatic Program (AFAP): (\*)**

AFAP is a warm water exercise program for people with arthritis and related conditions. AFAP is designed to reduce fatigue, pain, and stiffness, and improve mobility, muscle strength and coordination.

### **Water Tai Chi (\*)**

Water Tai Chi is an exercise and relaxation program that allows participants to enjoy the water in a flowing progression. Increase oxygen, flexibility, balance and core using a combination of deep breathing and slow, movements of the arms, legs and torso. A great option for stress relief or increase range of motion and mobility.

### **Open Wellness:**

Designed for patrons age 18 and older who need the warmer water temperature for therapeutic and wellness needs.

### **All Ages Open Wellness:**

Designed for patrons and families with younger children. Children under the age of 6 must be directly supervised, in the water within arm's reach, by a parent or guardian age 18 or older. Children age 17 and younger must be appropriately supervised by an adult in the pool area.

### **Teen Wellness:**

Designed for teens ages 12-17. Appropriate behavior is expected.

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