



WellFIT Rehabilitation Center Pool Schedule & Policies

1600 Joseph Dr.
Bryan, TX 77802

P (979)731-6131

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Aquacise 7 - 8 am	Open Pool 7 - 8 am	Aquacise 7 - 8 am	Open Pool 7 - 8 am	Aquacise 7 - 8 am	
7:30 AM						
8:00 AM	Aquacise 8 - 9 am	Aquacise 8 - 9 am	Aquacise 8 - 9 am	Aquacise 8 - 9 am	Aquacise 8 - 9 am	Aquacise 8 - 9 am
8:30 AM						
9:00 AM	Aquacise 9 - 10 am	SPLASH 9 - 10 am	Aquacise 9 - 10 am	Aquacise 9 - 10 am	Aquacise 9 - 10 am	
9:30 AM						
10:00 AM	Open Pool 10 - 11 am	CLOSED	Open Pool 10 - 11 am	CLOSED	Open Pool 10 - 11 am	Open Pool 9 am - 12 pm
10:30 AM						
11:00 AM	Aquacise 11 - 12 pm	CLOSED	Aquacise 11 - 12 pm	CLOSED	Aquacise 11 - 12 pm	
11:30 AM						
12:00 PM	Aquacise 12 - 1 pm	Aquacise 12 - 1 pm	Aquacise 12 - 1 pm	Aquacise 12 - 1 pm	Aquacise 12 - 1 pm	
12:30 PM						
1:00 PM	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	CLOSED
1:30 PM						
2:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Open Pool 4 - 4:45pm	Open Pool 4 - 5:45 pm	Open Pool 4 - 4:45pm	Open Pool 4 - 5:45 pm	Open Pool 4 - 4:45pm	
5:00 PM						
5:30 PM	Aquacise 4:45 - 5:45pm		Aquacise 4:45 - 5:45pm		Aquacise 4:45 - 5:45pm	
6:00 PM	Aquacise 5:45 - 6:45pm	Aquacise 5:45 - 6:45pm	Aquacise 5:45 - 6:45pm CLOSE @ 7pm	Aquacise 5:45 - 6:45pm	Open Pool 5:45 - 6:45 pm CLOSE @ 7pm	
6:30 PM						
7:00 PM	Aquacise 6:45 - 7:45pm CLOSE @ 8pm	Open Pool & Volleyball 6:45 - 7:45 pm CLOSE @ 8pm	CLOSED	Aquacise 6:45 - 7:45pm CLOSE @ 8pm	CLOSED	
7:30 PM						
8:00 PM						

Pool Policies

1. Each time you use the pool, please find your name in the attendance book and mark under the dated column for that day.
2. Please adhere to class and open pool times. If class cool down is ongoing when you arrive, please minimize loud conversation. If therapy patient is in the pool, please wait in locker rooms until instructed to come down.
3. For everyone's safety, early entry into the pool is at the instructor's or staff member's discretion. Do not enter the pool without a staff member present. If you have a physical therapy appointment, do not enter pool until the therapist is present.
4. Please shower before entering either pool.
5. Please do not dress or leave clothing in bathroom stalls, **or** next to shower stalls
6. Assisted dressing room doors do not lock; please close curtains when changing.
7. Proper swimming attire is required; one-piece suits for ladies are preferred. **No cotton clothing is permitted. May wear polyester blends or dry fit material.** Pool shoes are recommended but not required.
8. Lockers are available for day use; **you will need to bring your own lock for lockers.** Please lock up valuables. Handles pull out, not up. Two towels per visit are provided; discard in hamper after use.
9. Please dry off completely before leaving changing rooms. Wet hallways are slippery and dangerous.
10. Pool attendees must be ambulatory or be assisted by caregiver or therapist.
11. Pool attendees must be **continent.**
12. Open wounds must be covered by an occlusive waterproof dressing, such as a Tegaderm bandage.
13. No one with a communicable disease is allowed in either pool.
14. External catheters must receive approval of Rehabilitation Services Director; colostomy bags are not permitted.
15. Feeding tubes must have peg placement protected by an occlusive waterproof dressing, such as Tegaderm.
16. Children under 18 are not allowed in Wellness program. Children of all ages are treated under the care of a physical therapist or occupational therapist.
17. No diving, running or horseplay is permitted in pool area.
18. No gum, smoking or glass containers are allowed in pool area.
19. All profanity, improper behavior and vulgar remarks are prohibited.
20. All persons must exit the pool for **30 minutes** if thunder or lightning is observed per National Lightning Safety Institute and American Red Cross Standards.