

BRIGGS POOL
399 9th St. N, Naples FL 34102

For additional information, please call 239-624-2750 or email wellness@nchmd.org



2025

FRIDAY WEDNESDAY **THURSDAY SUNDAY MONDAY TUESDAY SATURDAY POOL OPENS Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim** 5:00am 5:00am 5:00am 5:00am 5:00am 6:30am 8:00am 9:30-10:25am Balance 9:30-Balance 9:30-9:30-10:25am 10:25am DEBI 10:25am 9:30-10:25am 9:30-10:25am LISA KEISHAUN KEISHAUN DEBI **KEISHAUN \$\$FLOATING POOL CLOSES** Open / Lap **MEDITATION** 2:30pm **Swim** 10:30-11:25am 10:30-11:25am 10:30-11:25am 10:30-11:25am 10:45-11:40am 10:30am **KEISHAUN** KEISHAUN SARAH C **KEISHAUN** LISA Open / Lap Open / Lap Open / Lap **Swim Swim Swim** 11:45am 11:30am 11:30am **POOL CLOSES POOL CLOSES POOL CLOSES POOL CLOSES POOL CLOSES POOL CLOSES** 7:30pm 7:30pm 7:30pm 7:30pm 7:30pm 2:30pm

- Classes are subject to changes and cancellations.
- The pool is 25 meters long, has 4 lanes, and is heated to 80-84 degrees.
- When outside temperature drops below 55 degrees, Water Aerobic and Water Arthritis classes will be cancelled.
- Cancellations are determined 1 hour before the scheduled class.
- The pool closes 30 minutes before the facility closes.
- Please be advised that lanes for open swim are not available during scheduled class times.
- The pool will close due to inclement weather and will remain closed until at least 30 minutes after the most recent lightning strike.
- At all times, be aware of what is going on within your lane. Also, try not to kick or swing your arms into another lane



## **MULTILEVEL WATER EXERCISE**

class with cardio, balance, strengthening, stretching, and abdominal work. This class will challenge

## **LAP SWIM**

This is the time for members to use the pool. This is the time for lap swimming, pool walking, pool running, and individual exercises. \*\*Please share the pool with your fellow swimmers and observe

## **AQUA STRETCH / BALANCE**

This water class will focus on Yoga, Tai Chi, Ballet and Stretch in the water to improve stability and

## **LaBLAST**

shallow water aqua dance fitness class that combines ball room dance with whole body movements in the water.