



BRIGGS POOL

399 9th St. N, Naples FL 34102

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



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS Lap Swim 6:00am	POOL OPENS Lap Swim 6:00am	POOL OPENS Lap Swim 6:00am	POOL OPENS Lap Swim 6:00am	POOL OPENS Lap Swim 6:00am	POOL OPENS Lap Swim 8:00-9:15am	POOL OPENS Lap Swim 8:00-11:30am
Aqua Stretch/ Balance 9:30-10:25am LISA	Aqua Stretch/ Balance 9:30-10:25am KEISHAUN		Aqua Stretch/ Balance 9:30-10:25am KEISHAUN		Aqua Stretch / Balance 9:30-10:25am KEISHAUN	
Multilevel Water Exercise 10:30-11:25am LISA	Multilevel Water Exercise 10:30-11:25am KEISHAUN		Multilevel Water Exercise 10:30-11:25am KEISHAUN		Multilevel Water Exercise 10:30-11:25am KEISHAUN	
Open / Lap Swim 11:30am	Open / Lap Swim 11:30am		Open / Lap Swim 11:30am			

- 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

CLASSES

MULTILEVEL WATER EXERCISE

class with cardio, balance, strengthening, stretching, and abdominal work. This class will challenge you using more intensity and resistance.

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 NCH Swim Etiquette**

AQUA STRETCH / BALANCE

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