



OCTOBER 1 - 31, 2018

DAY	MONDAY 6:00AM - 8:30PM						TUESDAY 6:00AM - 8:30PM						WEDNESDAY 6:00AM - 8:30PM						THURSDAY 6:00AM - 8:30PM						FRIDAY 6:00AM - 6:30PM						SATURDAY 8:00AM - 4:30PM						SUNDAY 11:00AM - 4:30PM																																									
LANE	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																																				
6:00	LAP SWIM 6:00 - 8:00						MASTERS SWIM 6:15 - 7:30						LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						MASTERS SWIM 6:15 - 7:30						CLOSED						CLOSED																																									
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9:00	OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						LAP SWIM 8:00 - 9:30						CLOSED																																															
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10:30	LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	AQUA ZUMBA 10:00 - 10:45					SWIM LESSONS 9:30 - 12:00						WOMEN'S SWIM 10:00 - 11:00																																									
11:00	OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 8:30						OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 1:00						OPEN/LAP SWIM 10:45 - 1:00																		Pool closed for lessons SPA IS OPEN						OPEN/LAP SWIM 11:00 - 4:30																													
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5:30	LAP SWIM 5:30-6:15	AQUA FIT 5:30-6:15					OPEN/LAP SWIM 10:45 - 8:30						LAP SWIM 5:30-6:15	AQUA FIT 5:30-6:15					OPEN/LAP SWIM 3:00 - 8:30						OPEN/LAP SWIM 3:00 - 6:30						OPEN/LAP SWIM 11:00 - 4:30																																															
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6:30	LAP	MASTERS SWIM 6:30 - 8:00											LAP	MASTERS SWIM 6:30 - 8:00																							OPEN/LAP SWIM 3:00 - 8:30						OPEN/LAP SWIM 3:00 - 6:30						OPEN/LAP SWIM 11:00 - 4:30																													
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8:00	OPEN/LAP SWIM 6:15 - 8:30												XENIA H.S. SWIM TEAM 7:30 - 8:30 STARTS OCT 30																																										OPEN/LAP SWIM 6:15 - 8:30						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						NOTE: YOUTH SWM TEAM STROKE DEVELOPMENT CLINIC 2 LANES OCT 6, 13, & 20 at 2:00 - 3:00						TI SWIM CLINIC 2 LANES; OCT 6 9:45-11:45 & 1:30 - 3:30					
8:30																																																																														
	WORKSHOPS and SERIES - See notes for details and fees												Weekly Classes - See notes for details and fees																																										Special Events and Scholastic Sports - See notes for details																							

AQUATIC TIP OF THE MONTH

Love the backstroke but occasionally bump your head? The flags are 15 feet from each wall. We recommend that swimmers use a 3 stroke turn count. Starting at the flags, count 1-2-3, roll, and finish to the wall.

Please help us save energy and keep the Spa at temperature. If you are the last person out of the Spa please turn the jets off.

Open/Lap Swim: Recreational swim for all ages. Generally includes designated lap swim lanes.

Lap Swim: Designated lap lanes. Open to all ages. We encourage swimmers to circle swim during peak hours. Please attempt to find a lane with swimmers of a similar skill level/speed when sharing a lane. Lifeguards may reassign swimmers to different lanes according to speed and skill.

Aqua Fitness with Deb Dixon: Co-ed shallow water fitness class that offers a cardio workout. Build stamina, strength, and tone. Non-swimmers welcome. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

Deep Water Workout with Deb Dixon: This is a medium-high intensity workout done in deep water, while wearing an adjustable flotation belt. This workout combines short, high intensity exercise with slower, steady endurance work, followed by muscle toning and a series of stretches to increase flexibility. Participants are encouraged to bring their own belt (the instructor has a limited supply) and must know how to swim. This class is included with premium membership and premium day pass, \$5 drop in fee for standard membership.

Aqua Zumba with Patricia Nelson: Dance, music and exercise are combined into a fun and energetic aquatic workout.

Antioch School Swim: Thursdays Oct 11 & 25 @ 1:00 p.m. to 2:30 p.m.

Xenia High School Swim Team Practice: Starts October 30th; Tues and Thur @ 7:30 p.m. - 8:30 p.m. and Fri @ 4:00 p.m. - 5:00 p.m.

Swim Lessons: Saturdays @ 9:30 a.m. to 12:00 p.m. The pool is closed during swim lessons. **The therapeutic spa is open.**

Total Immersion Swim Clinic: 2 Lanes; October 6 @ 9:45 a.m. -11:45 a.m. & 2:30 p.m. - 3:30 p.m.

Youth Swim Team Stroke Development Series with USMS and ASCA certified coach Franklin Halley: Saturday Oct 6, 13 & 20 @ 2:00 p.m. to 3:00 p.m.

Masters Swimming with USMS and ASCA certified coach Franklin Halley: Monday/Wednesday 6:30 p.m. - 8:00 p.m. and Tuesday/Friday 6:15 a.m. - 7:30 a.m.

Pool Hours of Operation

Mon-Thu 6:00 a.m. - 8:30 p.m.

Friday: 6:00 a.m. - 6:30 p.m.

Saturday: 8:00 a.m. - 4:30 p.m.

Sunday: 10:00 a.m. - 11:00 a.m. Women only facility time

11:00 a.m. - 4:30 p.m.

***** Schedule is subject to change without notice. Please visit our website or call the front desk at 937.319.0100 for more details *****