



POOL SCHEDULE: June 30 - September 3

*** Pool & Spa Closed Sunday 8/27 through Monday 9/4 for Routine Maintenance ***

DAY	MONDAY 6AM-8:30PM						TUESDAY 6AM-8:30PM						WEDNESDAY 6AM-8:30PM						THURSDAY 6AM-8:30PM						FRIDAY 6AM-6:30PM						SATURDAY 8AM-4:30PM						SUNDAY 11AM-4:30PM																																																																							
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6:00	OPEN/LAP SWIM 6:00AM -10:00 AM						OPEN/LAP SWIM 6:00AM -10:00 AM						OPEN/LAP SWIM 6:00AM -12:00 AM						OPEN/LAP SWIM 6:00AM -10:00 AM						OPEN/LAP SWIM 6AM-6:30PM						CLOSED						CLOSED																																																																							
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10:00	LAP SWIM		DEEP WATER WORKOUT 10AM-10:45AM				LAP SWIM		AQUA FITNESS 10AM- 10:45AM				LAP SWIM		AQUA FITNESS 10AM- 10:45AM				OPEN/LAP SWIM 6AM-6:30PM						LAP SWIM 8AM - 10AM						WOMEN'S SWIM 10AM-11AM																																																																													
10:30	LAP SWIM		DEEP WATER WORKOUT 10AM-10:45AM				LAP SWIM		AQUA FITNESS 10AM- 10:45AM				LAP SWIM		AQUA FITNESS 10AM- 10:45AM																																																																																													
11:00	OPEN/LAP SWIM 10:45AM - 5:30 PM						OPEN/LAP SWIM 10:45AM - 8:30 PM						LAP SWIM		AQUA FITNESS 12PM- 12:45PM										OPEN/LAP SWIM 10:45AM-8:30PM						OPEN/LAP SWIM 10AM - 4:30PM						OPEN/LAP SWIM 11AM - 4:30PM																																																																							
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8:30																															CLOSED																																																																													
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Women's Swim- In support of the Wellness Center's "Women Only Hour"

Yellow Springs Children's Community Center Swim: Wed 2:00PM-3:00PM in the Open Swim Area

Open/Lap Swim: Recreational swim for all ages (abiding with pool regulations) that will generally include 3 lap swim lanes and an open area that is equivalent to 3 lanes.

Lap Swim: Open to all ages. This will include 1 to 4 lap swim lanes. We encourage swimmers to circle swim during peak hours. Please attempt to find a lane with swimmers of a similar skill level/speed of swim if lane sharing is necessary.

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

Deep Water Workout with Deb Dixon: This is a medium-high intensity workout done in deep water, while wearing an adjustable floatation 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 must bring their own belt and know how to swim.

WEEKLY CLASSES-Included in Premium Membership, \$5 for Standard Members, \$15 non-mem

Pool Hours of Operation

*** Closed July 4, 2017 and September 4, 2017**

Mon-Thurs: 6:00 am - 8:30 pm

Friday: 6:00 am - 6:30 pm

Saturday: 8:00 am - 4:30 pm

Sunday: Women only facility time 10:00 - 11:00 am
11:00 am - 4:30 pm

Please visit our website wellnesscenter.antiochcollege.edu or call the front desk at (937) 319-0100 for more details.