



## POOL SCHEDULE: June 5 - 29

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																													
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	OPEN/LAP SWIM 6-8 AM						OPEN/LAP SWIM 6-8 AM						OPEN/LAP SWIM 6-8 AM						OPEN/LAP SWIM 6-8 AM						OPEN/LAP SWIM 6AM-6:30PM						CLOSED						CLOSED																													
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8:00	LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM										LAP SWIM 8AM - 10AM																																			
8:30	LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM																																													
9:00	LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM				LAP SWIM		SWIM LESSONS 8-9:30AM																																													
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9:30	OPEN/LAP SWIM 9:30-10AM			OPEN/LAP SWIM 9:30-10AM			OPEN/LAP SWIM 9:30AM-12PM						OPEN/LAP SWIM 9:30-10AM			OPEN/LAP SWIM 9:30-10AM			OPEN/LAP SWIM 6AM-6:30PM												OPEN/LAP SWIM 10AM - 4:30PM						WOMEN'S SWIM 10AM-11AM																													
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 10AM - 4:30PM																	
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												OPEN/LAP SWIM 10:45AM-8:30PM																		OPEN/LAP SWIM 10AM - 4:30PM												WOMEN'S SWIM 10AM-11AM											
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8:30	CLOSED																																																																	

WORKSHOPS OR SERIES-see reverse for dates, register in advance, additional fees

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

**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.

**Masters Swim with Franklin Halley:** Enhance your swimming performance with coached swimming sessions led by Franklin Halley, a USMS and ASCA certified coach and Head Coach of the Dayton Area Sharks Masters. This program is open to all swimmers ages 18 and older who want to enhance their swimming performance with coached swimming sessions. Pre-registration required. Additional fees, members and non-members.

\*Total Immersion Swimming led by Total Immersion founder Terry Laughlin: This Total Immersion Effortless Endurance course is ideal for improvement-minded, fitness or Masters swimmers, as well as aspiring or experienced triathletes. Our simple and time-tested sequence of 'bite-size' skills build upon each other to transform how your body moves through water. Certified TI Coach, Pegeen Laughlin will be with you in the water providing hands-on guidance and demonstrating simple solutions to common swimming challenges. With increased levels of self-perception and mindful focus, you'll become your own best coach! Participants should be able to swim a continuous 50 yards of freestyle/front crawl and be comfortable in deep water. Dates: Sunday, 6/25/17, 11 AM to 4 PM. Pre-registration required. Contact Total Immersion directly to register.

#### **Pool Hours of Operation**

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](http://wellnesscenter.antiochcollege.edu) or call the front desk at (937) 319-0100 for more details.**