



AQUATICS SCHEDULE

May 1 - 31, 2018

Pool Closes 8:00 PM Monday through Thursday for Summer Operating Hours

SATURDAY, MAY 19TH IS A COMMUNITY WATER SAFETY DAY * COMMUNITY OPEN SWIM * AQUATIC SAFETY SEMINAR* FUN AND GAMES!

DAY	MONDAY 6:00AM - 8:00PM						TUESDAY 6:00AM - 8:00PM						WEDNESDAY 6:00AM - 8:00PM						THURSDAY 6:00AM - 8:00PM						FRIDAY 6:00AM - 6:30PM						SATURDAY 8:00AM - 4:30PM						SUNDAY 11:00AM - 4:30PM																																																					
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6:00	LAP SWIM 6:00 - 8:00						LAP	MASTERS SWIMMING 6:15 - 7:30			LAP	LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						LAP	MASTERS SWIMMING 6:15 - 7:30			LAP	CLOSED																																																													
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8:00	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						OPEN/LAP SWIM 8:00 - 1:00						TI Swim Series May 12th ONLY	OPEN/LAP SWIM 8:00 - 4:30						CLOSED																																																				
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10:00	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					OPEN/LAP SWIM 8:00 - 1:00						MAY 19TH WATER SAFETY DAY & COMMUNITY SWIM (No Lap Swim All Day)	WOMEN'S SWIM 10:00 - 11:00																																																										
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11:00	OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 10:45 - 8:00						OPEN/LAP SWIM 3:00 - 6:30						OPEN/LAP SWIM 8:00 - 4:30						OPEN/LAP SWIM 11:00 - 4:30																																																					
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	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

LAP LANE ETIQUETTE TIP OF THE MONTH

Now that you have decided which lane you are going to use, sit down on the side of the pool and hang your legs in the water, off to one side of the lane, and let the swimmer(s) in the water complete a few more laps before you get in the pool. The idea is to let them know you are there - give them fair warning - and give them the chance to stop and confirm how the lane is going to work once you start swimming.

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.

Aqua Fitness with Deb Dixon : Coed 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 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. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

Masters Swimming with Franklin Halley : Enhance your swim speed, skill and stroke efficiency with coached training 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 18 years and older. Swimmers must be comfortable swimming 50 yards continuously utilizing the front crawl and rhythmic breathing. January 2 through May 25. Pre-registration and fee required for participation.

Total Immersion Swimming led by Certified TI Coach, Pegeen Laughlin: Effortless Endurance course ideal for improvement-minded, fitness or Masters swimmers, as well as aspiring or experienced triathletes. Simple and time-tested sequence of 'bite-size' skills build upon each other to transform how your body moves through water. Swimmers must be comfortable swimming 50 yards continuously utilizing the front crawl. Series 3: May 12. Pre-registration and fee required for participation.

Community Water Safety Day , May 19th: The Wellness Center will host a community free swim and water safety orientation for the local community. Open Swimming only. No lap swimming all day.

Pool Hours of Operation

Mon-Thui 6:00 am - 8:00 pm

Friday: 6:00 am - 6:30 pm

Saturday: 8:00 am - 4:30 pm

Sunday: 10:00am - 11:00 am Women only facility time

11:00 am - 4:30 pm

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