



AQUATICS SCHEDULE

OCTOBER 7 - 29, 2017

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	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						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						TOTAL IMMERSION SWIM SERIES **		LAP SWIM 8:00 - 11:00				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						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 - 5:00						OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 1:00						ANTIOCH SCHOOL 1:00 - 2:30 See notes for Dates						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						OPEN/LAP SWIM 11:00 - 4:30						OPEN/LAP SWIM 11:15 - 4:30																							
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	WORKSHOPS OR SERIES-See notes for details and fees												WEEKLY CLASSES-See notes for details and fees												SPECIAL EVENTS- See notes for details																																									

Open/Lap Swim : Recreational swim for all ages (abiding with pool regulations) that will generally include 3 lap swim lanes.

Lap Swim: Open to all ages. This will include 4 lap swim lanes and a small open swim area. 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.

Deep Water Workout with Deb Dixon : This is a medium-high intensity workout done in deep water, while wearing an adjustable floatation belt. This work out 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.

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.

Total Immersion with Pegeen Laghlin: 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. Cost of 4 week series is \$140 for Wellness Center members, and \$175 for non-members. Limit of 8 participants.

Session 2: Oct. 28 - Nov. 18.

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. **Sept 6 thru December 22. Pre-registration and Fee required for participation.**

Antioch School Swim : 1:00p-2:30p - Oct 12, 19; Nov 2, 16, 30; Dec 7, 14; Jan 4, 25; Feb 8, 22; Mar 1, 15,22; Apr 5

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

11:00 am - 4:30 pm

**** As a reminder: Swim team practice begins in November. Dates and times TBD****

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