



SEPTEMBER 1 - 30, 2018

Autumn Hours * New Lap Swim on Saturday * Saturday Swim Lessons * Closed Labor Day

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																																															
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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																																																																							

AQUATIC TIP OF THE MONTH

Therapeutic spa jets are not adjustable. Please do not attempt to move them. They are made of plastic and easily break.

Lap swimming in the "Open Swim" area is permitted only when it can be conducted without hindering other bathers. If the Open Swim area becomes busy while you are lap swimming in it, please move to a lap lane.

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

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

Antioch School Swim: Thursdays Sep 20 & 27 @ 1:00 p.m. to 2:30 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.**

Youth Swim Team Stroke Development Series with USMS and ASCA certified coach Franklin Halley: Saturday Sept 29 @ 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 am - 8:30 pm

Friday: 6:00 am - 6:30 pm

Saturday: 8:00 am - 4:30 pm

Sunday: 10:00 am - 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 *****