

Pool- Recreational Swim

December 2018 POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:55 Lap/Rec. Swim	5:00-8:55 Lap/Rec. Swim	5:00-8:55 Lap/Rec. Swim	5:00-8:55 Lap/Rec. Swim	5:00-8:55 Lap/Rec. Swim	7:00-8:55 Lap/Rec. Swim	7:00-1:00 Lap/Rec. Swim
9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	
10:00 Aqua Class	10:00 Aqua Class	10:00 Aqua Class	10:00 Aqua Class	10:00 Aqua Class	10:00-1:00 Lap/Rec. Swim	
11:00-5:25 Lap/Rec. Swim	11:00-11:30 Lap/Rec. Swim	11:00-7:55 Lap/Rec. Swim	11:00-12:00 Lap/Rec. Swim	11:00-12:00 Aqua Class	1:00-2:55 FAMILY SWIM NO LAP SWIMMING	1:00-2:55 FAMILY SWIM NO LAP SWIMMING
	*11:30-1:00 Aquatic Therapy & Lap/Rec. Swim		*12:00-1:00 Aquatic Therapy & Lap/Rec. Swim	12:00-4:25 Lap/Rec. Swim		
	1:00-5:25 Lap/Rec. Swim		1:00-5:25 Lap/Rec. Swim	4:30-6:25 FAMILY SWIM NO LAP SWIMMING		
5:30 Aqua Class	5:30 Aqua Class		5:30 Aqua Class		Pool Closes 3:00	Pool Closes 3:00
6:30-7:55 Lap/Rec. Swim	6:30-7:55 Lap/Rec. Swim		6:30-7:55 Lap/Rec. Swim	Pool Closes 6:30	Family Swim times available Non-members welcome	
Pool Closes 8:00	Pool Closes 8:00	Pool Closes 8:00	Pool Closes 8:00			



Lap/Rec. Swim times are designated for lap swimming and/or stationary exercising. This is not a playtime for children. Children under the age of 12 years are permitted to use the pool during Lap/Rec. Swim times for exercise purposes only and must be accompanied by an adult in the water.

Aqua Therapy- attendance must be pre-authorized through Patriot Physical Therapy (724)219-3027.

Family Swim times are designated for children (6 months and up) and families to play and enjoy the water. Lap swimming is not permitted during these times.

Aqua Class- Refer to Group Exercise Aqua schedule for more details.

Pool Holiday Hours & Classes

Monday, 12/24 7-11am– No Aqua Classes

Tuesday, 12/25 CLOSED

Wed, 12/26 7am-7pm– regular Aqua Classes

Monday, 12/31 7-11am– No Aqua Classes

Tuesday, 1/1/19 9am-1pm– No Aqua Classes



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Aerobic Center Lynchfield



Indoor Pool

Includes unlimited lap swimming during specified times,
use of lockers, and shower room facilities.

Pool Rates:	Regular	Senior (62 & older)
Upfront	\$165	\$140
Walk-in	\$5	\$5
Monthly	\$20	\$20
FAMILY SWIM is available to families with children 6 months of age or older. One adult must accompany every 2 children in the water.		
Walk-in	\$5.00/adult(12 or older)	\$2.00/child

Depending on your current health status, you may be required to obtain a physician's release.

A yearly enrollment fee of \$30.00/person will be assessed on all monthly memberships with your first payment.

All memberships are non-refundable, non transferable and cannot be frozen.

<p>Aquatic Personal Training</p> <p>Fee: \$25.00 per session</p> <p>Must be a current member.</p>	<p>Registration forms available online or at the front desk.</p>
<p>Private Swim Lessons</p> <p>By appointment only</p> <p>For children and adults</p> <p>Fee: \$25.00 half hour/member</p> <p>\$35.00 half hour/non-member</p>	<p>Pool Party Fridays, Saturdays or Sundays</p> <p>Fee: \$300.00</p> <p>Includes 6 large pizzas</p> <p>Up to 25 guests</p> <p>Two lifeguards</p> <p>Must book at least two weeks in advance.</p>
<p>Group Swim Lessons</p> <p>Spring, Autumn and Winter sessions.</p>	<p>Adaptive Exercise</p> <p>An hour of water games and fitness for</p>