

# Pool- Recreational Swim

## OCTOBER 2017- LAP/REC SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:55 Lap/Rec. Swim	5:00-9:25 Lap/Rec. Swim	5:00-8:55 Lap/Rec. Swim	5:00-9:25 Lap/Rec. Swim	5:00-8:55 Lap/ Rec. Swim	7:00-10:30 Lap/Rec. Swim	7:00-1:00 Lap/Rec. Swim
9:00 Aqua Class	9:30 Aqua Class	9:00 Aqua Class	9:30 Aqua Class	9:00 Aqua Class		
10:00 Aqua Class	10:30 Aqua Class	10:00 Aqua Class	10:30 Aqua Class	10:00 Aqua Class	10:30-1:30 GROUP	
11:00-12:00 Lap/Rec. Swim		11:00-12:00 Lap/Rec. Swim		11:00-12:00 Private Class	SWIM LESSONS	
**12:00-3:00 Aquatic Therapy & Lap/ Rec. Swim	**11:30-1:00 Aquatic Therapy & Lap/ Rec. Swim	**12:00-3:00 Aquatic Therapy & Lap/ Rec. Swim	**11:30-1:00 Aquatic Therapy & Lap/ Rec. Swim	**12:00-3:00 Aquatic Therapy & Lap/ Rec. Swim	1:30-2:55 FAMILY SWIM no lap swimming	
3:00-5:25 Lap/ Rec. Swim	1:00-5:25 Lap/ Rec. Swim	3:00-4:30 Lap/ Rec. Swim	1:00-5:25 Lap/ Rec. Swim	3:00-6:25 Lap/ Rec. Swim		1:00-2:55 Family Swim NO LAP SWIMMING
		4:30 Swim Lessons			Pool Closes 3:00	Pool Closes 3:00
5:30 Aqua Class	5:30 Aqua Class		5:30 Aqua Class			
		<b>NEW TIME</b>		Pool Closes 6:30	<b>**Limited Lap/Rec Lanes</b>	
6:30-7:55 Lap/ Rec. Swim	6:30-7:55 Lap/ Rec. Swim		6:30-8:30 Swim Lessons			
Pool Closes 8:00	Pool Closes 8:00	Pool Closes 4:30	Pool Closes 6:30	<b>NEW TIME</b>		

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 Barclay Rehab (724) 832-4985 or 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.

**NO LAP SWIM DURING  
THE FOLLOWING TIMES!**

**GROUP SWIM LESSONS  
9/27-11/18/17**

**Wednesdays 4:30pm-8:30pm**

**Thursdays 6:30-8:30pm**

**Saturdays 10:30am-1:30pm**



**"Like" us on Facebook at  
Aerobic Center Lynchfield**

