

# Pool- Recreational Swim

## AUGUST 2017- LAP/REC SCHEDULE

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday                                    | Sunday                                      |
|--|--|--|--|--|---|---|
| 5:00-8:55<br>Lap/Rec. Swim                             | 5:00-9:25<br>Lap/Rec. Swim                             | 5:00-8:55<br>Lap/Rec. Swim                             | 5:00-9:25<br>Lap/Rec. Swim                             | 5:00-8:55<br>Lap/Rec. Swim                             | 7:00-1:00<br>Lap/Rec. Swim                  | 7:00-1:00<br>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                                       |   |   |
|  |  |  |  | 11:00 Private Class                                    |   |   |
| **11:00-3:00<br>Aquatic<br>Therapy & Lap/<br>Rec. Swim | **11:30-1:00<br>Aquatic<br>Therapy & Lap/<br>Rec. Swim | **11:00-3:00<br>Aquatic<br>Therapy & Lap/<br>Rec. Swim | **11:30-1:00<br>Aquatic<br>Therapy & Lap/<br>Rec. Swim | **12:00-3:00<br>Aquatic<br>Therapy & Lap/<br>Rec. Swim | CANCELED<br>FOR AUGUST                      |   |
| 3:00-5:25 Lap/<br>Rec. Swim                            | 1:00-5:25 Lap/<br>Rec. Swim                            | 3:00-6:55 Lap/<br>Rec. Swim                            | 1:00-5:25 Lap/<br>Rec. Swim                            | 3:00-6:25 Lap/<br>Rec. Swim                            | 1:00-2:55<br>Family Swim<br>NO LAP SWIMMING | 1:00-2:55<br>Family Swim<br>NO LAP SWIMMING |
|  |  |  |  |  | Pool Closes<br>3:00                         | Pool Closes<br>3:00                         |
| 5:30 Aqua Class  | 5:30 Aqua Class  |  | 5:30 Aqua Class  |  |   |   |
|  |  |  |  | Pool Closes<br>6:30                                    | **Limited Lap/Rec Lanes                     |   |
| 6:30-7:55 Lap/<br>Rec. Swim                            | 6:30-7:55 Lap/<br>Rec. Swim                            |  | 6:30-6:55 Lap/<br>Rec. Swim                            |  |   |   |
| Pool Closes<br>8:00                                    | Pool Closes<br>8:00                                    | Pool Closes<br>7:00                                    | Pool Closes<br>7:00                                    |  |   |   |

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 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.



**POOL CLOSED**

Sunday, August 20, 2017  
and will reopen Tuesday  
September 5, 2017  
for Annual Maintenance.  
Times and fees will not be  
credited.

**FITNESS AND REC SWIM  
MEMBERS MAY UTILIZE THE  
INDOOR POOL AT THE  
GREENSBURG YMCA  
AUGUST 20TH –29TH.**

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



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

| <u>Pool Rates:</u> | Regular      | Senior (62 & older) |
|--------------------|--------------|---------------------|
| <b>Up front</b>    | <b>\$165</b> | <b>\$140</b>        |
| <b>Walk-in</b>     | <b>\$5</b>   | <b>\$5</b>          |
| <b>Monthly</b>     | <b>\$20</b>  | <b>\$20</b>         |

**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.*

*Rates are subject to change without notice.*

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| <p><b>Aquatic Personal Training</b><br/>         Fee: \$25.00 per session<br/>         Must be a current member.</p> <p><b>Private Swim Lessons</b><br/>         By appointment only<br/>         For children and adults<br/>         Fee: \$25.00 half hour/member<br/>         \$35.00 half hour/non-member</p> <p><b>Group Swim Lessons</b><br/>         Spring, Autumn and Winter sessions.<br/>         Registration forms available online or at the front desk.</p> |
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| <p><b>Pool Party</b>      Fridays, Saturdays or Sundays<br/>         Fee: \$280.00      Includes 6 large pizzas<br/>         Up to 25 guests      Two lifeguards<br/>         Must book at least two weeks in advance.</p> <p><b>Adaptive Exercise</b><br/>         An hour of water games and fitness for adults with special needs. Fee depends on the length of the session. Registration forms available online or at the front desk.</p> |
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**526 New Alexandria Road Greensburg, PA 15601 724-834-2153**