

Pool

MARCH 2018- 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	7:00-8:55 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	9:00 Aqua Class	
10:00 Aqua Class	10:30 Aqua Class	10:00 Aqua Class	10:30 Aqua Class	10:00 Aqua Class	10:00-1:00 Lap/Rec Swim	3/24 & 3/31 POOL CLOSURES 10AM-2PM FOR SWIM LESSONS
11:00-12:00 Lap/Rec. Swim		11:00-12:00 Lap/Rec Swim		11:00-12:00 Private Class		
**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	1:00-2:55 FAMILY SWIM no lap swimming 3/3, 3/10, 3/17	1:00-2:55 Family Swim NO LAP SWIMMING
3:00-5:25 Lap/Rec. Swim	1:00-5:25 Lap/Rec. Swim	3:00-6:55 Lap/Rec. Swim	1:00-5:25 Lap/Rec. Swim	3:00-6:25 Lap/Rec. Swim	2-2:55 FAMILY SWIM 3/24 & 3/31	
		Pool Closes 7:00			Pool Closes 3:00	Pool Closes 3:00
5:30 Aqua Class	5:30 Aqua Class	3/21 & 3/28 POOL CLOSURES AT 4:30PM FOR SWIM LESSONS	5:30 Aqua Class	Pool Closes 6:30	**Limited Lap/Rec Lanes	
			Pool Closes 7:00			
6:30-7:55 Lap/Rec. Swim	6:30-7:55 Lap/Rec. Swim		3/22 & 3/29 POOL CLOSURES AT 6:30PM FOR SWIM LESSONS			
Pool Closes 8:00	Pool Closes 8:00					

Lap/Rec. Swim times are designated for lap swimming and for 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.

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



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Aerobic Center Lynchfield

ADAPTIVE EXERCISE
Special needs clients can enjoy an hour of water games and fitness.
3/21/18-5/9/18
WEDNESDAYS 5:30-6:30PM
\$35/session or \$7/class

HOLIDAY POOL HOURS
3/30 FRIDAY 5AM-NOON AND 3PM-6:30PM
3/31 SATURDAY 7AM-9AM, CLASS 9AM,
SWIM LESSONS 10-2
4/1 SUNDAY CLOSED

NO LAP SWIM DURING THE FOLLOWING TIMES!
GROUP SWIM LESSONS
March 21-May 12, 2018
Wednesdays 4:30-8:30pm
Thursdays 6:30-8:30pm
Saturdays 10:00am-2:00pm

