

Pool



POOL SCHEDULE August 2020


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	7:00-8:25 Lap/Rec. Swim	7:00-12:55 Lap/Rec. Swim
9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	9:00 Aqua Class	8:30 Aqua Class	
10:00 Aqua Class	10:00 Aqua Class	10:00 Aqua Class	10:00 Aqua Class	10:00 Aqua Class	9:30-12:55 Lap/Rec. Swim	
11:00-4:25 Lap/Rec. Swim	11:00-11:25 Lap/Rec. Swim	11:00-4:25 Lap/Rec. Swim	11:00-11:55 Lap/Rec. Swim	11:00-4:55 Lap/Rec. Swim		Pool Closes 1:00
	*11:30-1:00 Aquatic Therapy		*12:00-1:00 Aquatic Therapy			
4:30-5:30 Group Swim Lessons	1:00-5:25 Lap/Rec. Swim	4:30-5:30 Group Swim Lessons	1:00-5:25 Lap/Rec. Swim		Like us on Facebook Aerobic Center Lynchfield	
5:30 Aqua Class	5:30 Aqua Class	5:30-7:25 Lap/Rec. Swim	5:30 Aqua Class			
6:30-7:25 Lap/Rec. Swim	6:30-7:25 Lap/Rec. Swim		6:30-7:25 Lap/Rec. Swim			Pool Closes 5:00
Pool Closes 7:30	Pool Closes 7:30	Pool Closes 7:30	Pool Closes 7:30			

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 purposed only and must be accompanied by an adult in the water.

***Aqua Therapy– Limited Pool space during this time for members.** Attendance must be pre-authorized through Patriot Physical Therapy (724)-219-3027

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

Aqua Class-refer to the Group Exercise Aqua Schedule for more details.

New Summer Hours			NO Participants should enter the building if showing signs or symptoms associated with COVID 19. Please stay home.	
Monday-Thursday	5:00am-7:30pm		Limited lockers will be available for use. Members are asked to keep personal belongings at home if possible. Keys and lockers will be disinfected after each use.	Proper handwashing should be practiced by all individuals.
Friday	5:00am-5:00pm	There will be a limited number of swimmers allowed in the pool during specific Pool activities.	Masks and face coverings are required in all areas of The Aerobic Center.	
Saturday & Sunday	7:00am-1:00pm	All equipment should be returned to it's designated area EXACTLY AS YOU FOUND IT.	Lane Lines will be used in the Pool to help keep proper social distancing. All members in any part of the building should practice social distancing and stay 6 feet apart.	
Pool will be closed during Group Swim Lessons Mondays and Wednesdays 4:30-5:30pm				



Fitness Center

Monday-Thursday 5:00am- 9:00pm

Friday 5:00am-8:00pm

Saturday & Sunday 7:00am-3:00pm

Pool

Monday-Thursday 5:00am-7:30pm

Friday 5:00am-5:00pm

Saturday & Sunday 7:00am-1:00pm

Pool will be closed during Group Swim Lessons.

Please check the Pool Schedule.



Effective 7/13/20 These hours are temporary and are subject to change without notice.



Indoor Pool

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

Pool Rates:	Regular	Senior (62 & older)
Upfront	\$180	\$150
Walk-in	\$5	\$5
Monthly	\$25	\$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
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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 Fee: \$25.00 per session Must be a current member.</p> <p>Private Swim Lessons By appointment only For children and adults Fee: \$25.00 half hour/member \$35.00 half hour/non-member</p> <p>Group Swim Lessons Spring, Autumn and Winter sessions. Registration forms available online or at the front desk.</p>	<p>Pool Party Fridays, Saturdays or Sundays Fee: \$300.00 Includes 6 large pizzas Up to 25 guests Two lifeguards Must book at least two weeks in advance.</p> <p>Adaptive Exercise 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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