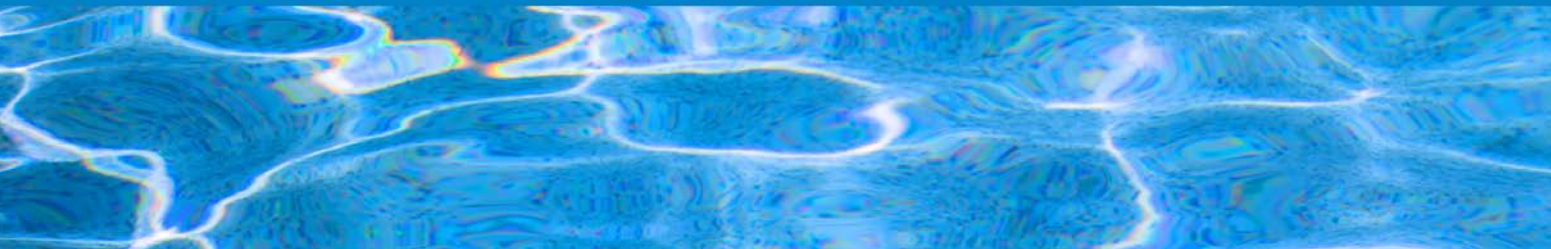




AKRON GENERAL  
HEALTH & WELLNESS CENTER

# LifeStyles Pool Schedule



## Cleveland Clinic Akron General Health & Wellness Center, Green

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	<b>ADULT LAP SWIM (L/E/R)</b> 5:30 AM to 9:00 AM							
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM						<b>ADULT LAP SWIM (L/E/R)</b> 7:00AM to 9:00AM		
8:00 AM						<b>AquaRx</b> 8:10am	<b>ADULT LAP SWIM (L/E/R)</b> 8:00am -9:00am	
8:15 AM								
9:00 AM	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R) 9:00am to 11:00am</b>							
9:15 AM	Aqua Zumba	AquaRx	Aqua Zumba	AquaRx	Aqua Zumba	Healing Waters 9:30am	<b>Children Swim Lessons</b> 9:00AM till Noon	
10:00 AM	Healing Waters		Healing Waters					
11:00 AM	<b>ADULT LAP SWIM (L/E/R)</b> 11:00am to 3:00pm					<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 9:00AM to 6:00PM	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 9:00AM to 6:00PM	
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM								<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 3:00 to 5:30PM
3:30 PM	<b>RC Swim Lessons</b> 5-6:30	L/E/R til 7:30	<b>RC Swim Lessons</b> 5-6:30	L/E/R til 7:30	<b>RC Swim Lessons</b> 5-6:30	L/E/R til 7:30	<b>RC Swim Lessons</b> 5-6:30	L/E/R til 7:30
4:00 PM								
4:30 PM						<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 3:00 to 10:00PM		
5:00 PM								
5:30 PM								
6:00 PM	<b>POOL CLOSSES at 6 PM</b>							
6:30 PM	SEALS	Total Body	Adult Masters	Aqua Rx	SEALS	Total Body	Adult Masters	Aqua Rx
7:00 PM	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 7:30 to 10:00PM						<b>Yellow areas indicate Dependent Hours</b>  <b>Mon-Thurs:</b> 9:00AM to 11AM 3:00PM to 5:30PM 7:30PM to 10:00PM  <b>Friday:</b> 9:00AM to 11:00AM 3:00PM to 10:00PM  <b>Sat-Sun:</b> 9:00AM to 6:00PM	
7:30 PM								
8:00 PM								
9:00 PM								
10:00 PM	<b>CENTER CLOSSES AT 10 PM</b>							

## AQUATIC PROGRAM AND ACTIVITY DESCRIPTIONS

### **Adult Lap Swim/Exercise/Recreation Time (L/E/R)**

In each lane, adults may swim continuously in a workout setting, or exercise, stretch, relax, or play. Accommodations will be made for all levels of swimmers; including non-swimmers, who prefer to exercise in shallow water or by holding on to the poolside. This is the best time to take advantage of unscheduled pool time. However all efforts will be made to keep at least one lane available, even during organized programs. If you want an extra lane line put in or taken out, please ask the lifeguard on duty. We will do our best to accommodate your needs.

### **Aquatic Exercise Programs**

Water exercise classes guided by our Group Exercise instructors will be offered throughout the week. AquaRx, Aqua Zumba, Total Body Intervals and Healing Waters classes are offered morning and evening hours. See the Group Exercise schedule for class descriptions. Please contact Laurie Cingle at (330) 896-5004 for more information.

### **Family Open Swim (FOS)**

Family Open Swim time is geared to, but not limited to, family entertainment. Toys, flotation devices, and the Leisure Pool water features will be available at this time. Family open swim time is available during dependent hours.

### **Learn-to-Swim Lessons**

Classes for both Adults (Adult Lessons-AL) and Children (Children Lessons-CL) will be offered for those wanting to improve their water skills, stroke mechanics, and/or general fitness. Participants may choose from Red Cross Parent-Child classes, Red Cross Levels I-VI, or Adult Lessons.

### **S.E.A.L.S Age Group Team**

The S.E.A.L.S (Swimming Elite At Lifestyles) is a non-competitive swim team that meets 1-2 days a week. Swimmers will work on stroke technique, speed endurance, proper stretching, sports nutrition, etc. Swimmers must be able to swim one length of the pool (25 yards) of front crawl and back crawl to qualify. See Cathy Spicer in the pool office for more information.

### **Masters Swimming**

Adult competitive swimmers and those serious swimmers who want to improve their swimming technique, skills and overall fitness can attend coached workouts in the Masters Swimming program.