

Effective November 1 – February 28

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM	████████		Walsh 2 lanes		Walsh 2 lanes	USMS 2 lanes	████████
7:00AM	████████		Walsh 2 lanes		Walsh 2 lanes	USMS 2 lanes	
8:00AM							LTS M
9:00AM		KISS L		KISS L		KISS L	LTS M,L
9:30AM		GEP M		GEP M		KISS L	LTS M,L
10:00AM		9:30-10:30		9:30-10:30		KISS L	LTS M,L
10:30AM		KISS L	GEP M	KISS L	GEP M	KISS L	LTS M,L GEP Tx
11:00AM		KISS L	10:30-11:30	KISS L	10:30-11:30	KISS L	LTS M,L 10:30-11:15
		KISS L		KISS L		KISS L	LTS M,L
12:00PM							
1:00PM							
2:00PM							
3:00PM							
3:30PM		SMF	SMF	SMF	SMF	SMF	
4:00PM		SMF	SMF	SMF	SMF	SMF	
		SMF	SMF	SMF	SMF	SMF	
5:00PM		SMF	SMF LTS M	SMF	SMF	SMF	
5:30PM		LTS L	GEP L LTS L	LTS M	GEP L		
6:00PM	████████	USMS 3 lanes	5:30-6:15 LTS L	USMS 3 lanes LTS M	5:30-6:15 LTS M		████████
6:30PM	████████	USMS GEP Tx		USMS GEP Tx			████████
7:00PM	████████	USMS 6:30-7:15	KidFit	USMS 6:30-7:15	KidFit		████████
7:30PM		LTS L	KidFit		KidFit		████████
8:00PM	████████	LTS L					████████
9:00PM	████████						████████

Aquatic Programs and Activity Descriptions

M – Leisure Pool, L – Lap Pool, Tx – Therapy Pool

Adult Lap Swim / Exercise / Recreation Time (LER) Non-shaded areas indicate LER time during non-dependent hours

Within each lane, adults may swim continuously in a workout setting, exercise or relax and 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 pool wall. 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. Ask the lifeguard on duty if you want an extra lane line put in or taken out. We'll do our best to accommodate your needs.

Family Open Swims (FOS) Gray shading indicates family and lap swim time during dependent hours

Scheduled during dependent hours, the 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.

Learn-to-Swim Lessons (LTS) (M – Leisure Pool, L – Lap Pool, Tx – Therapy Pool)

Classes for both adults and children will be offered for those wanting to improve their water skills, stroke mechanics and general fitness. Choose from Red Cross Levels I - VII, Red Cross Parent-Child Classes or Adult Lessons. Private Lessons can be arranged by contacting 330-945-3131.

Group Exercise Programs (GEP) (M – Leisure Pool, L – Lap Pool, Tx – Therapy Pool)

Water exercise programs guided by our group exercise coordinator will be offered throughout the week. Shallow water exercise classes, deep-water classes and warm water classes are offered morning and evening. See the group exercise schedule for class descriptions. Please contact our group exercise coordinator for more information at 330-945-3130

Stow-Munroe Falls High School Swimming (SMF) This program is always in the lap pool.

Lifestyles is proud to be the home of Stow-Munroe Falls High School Swimming. Practices are held Monday - Friday from 3:30 - 5:30 p.m. during the months of November through February. The lap pool will be closed from approximately 3:30 - 8:00 p.m. for up to six home swim meets. For your convenience, these dates will be posted in the pool area and at the front desk well in advance of the events.

KidFit (KF) This program is always in the lap pool.

KidFit is a program that combines swimming with yoga and Zumba for a fun and educational six-week session. This program designed for children ages 7 -13. Participants will start in the studio with one of our group exercise instructors for yoga or Zumba. Following the land exercise, participants will jump into the pool and refine stroke techniques, increase endurance and aerobic capacity.

U.S. Masters Swimming (USMS) This program is always in the lap pool.

U.S.M.S. is a national, competitive swim team for ages 18+. Lifestyles Stow is proud to host coached workouts for the serious adult swimmer and those wanting to improve their swimming technique, skills and overall fitness. A U.S. Masters Membership is required to participate in local meets, but not required for practice. Stow practices on Monday & Wednesday nights 6:15 – 7:30p.m. and Friday mornings 6:00 – 7:15a.m. 2-3 lanes are used.

Special Programs (M – Leisure Pool, L – Lap Pool, Tx – Therapy Pool)

Throughout the year, the aquatics department will schedule special programs such as Red Cross Lifeguard Training, Red Cross Water Safety Instructor courses, stroke technique clinics, SCUBA diving, pool parties, infant swimming and a variety of safety training workshops based on the needs and requests of our LifeStyles members. Watch the flyer racks and the bulletin boards for information on upcoming pool events and classes.