

# AQUATICS

## Pool Schedule

Effective: 11/24 -1/31

TIMES	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM						XXXXXX	XXXXXX
6:00 AM	Walsh Swim (2 lanes) 6:00 -7:15		Walsh Swim (2 lanes) 6:00 -7:15			7:00 AM	XXXXXX XXXXXX XXXXXX
8:30 AM	Adult Lap/ Swim/ Recreation ( L / E / R ) 5:30 am - 9:00 am					Children's Swimming Lessons	8:00 AM Adult Lap Swim
9:00 AM	L / E / R	L / E / R	L / E / R	L / E / R	Aqua Rx Aerobics (Leisure Pool)	8:30 - 12:00p	Family Open Swim L/E/R
10:30 AM	L / E / R	Aqua Lite Aerobics (Leisure Pool)	L / E / R	Aqua Lite Aerobics (Leisure Pool)	L / E / R	Warm Water H2O 10:30 a.m. (TX pool)	
11:30 AM	Adult Lap Swim / Exercise ( L / E / R ) 11:00 am - 3:00 pm					Children's Lessons 9:00 - 12:00p	
12:00 PM						L / E / R	
1:00 PM						Family Open Swim L/E/R	
3:00 PM	SMF Swim Team 3:30 -5:30 PM					Family open Swim	Pool Closes at 6:00 PM
3:30 PM	Lap pool is closed during this time.						
4:00 PM	*Red Cross Swim Lessons (4:30-6:00 pm)				3:00 PM to 10:00 PM		
5:00 PM	**Family open swim 3:00 - 5:30 pm Leisure Pool						
5:30 PM	L/E/R	5:30 p.m. H2O Boot Camp (Lap Pool)	L/E/R	5:30 p.m. H2O Boot Camp SEALS Swimming	Adult Lap Swim	* Shaded areas indicate dependant hours	
6:30 PM	Adult Masters Swim (6:30 - 7:30)	L/E/R	Adult Masters Warm Water 6:30 p.m.	L/E/R		Monday - Thursday: 9:00 am- 11:00 am 3:00 pm- 5:30 pm 7:30 pm -10:00pm	
7:30 PM	Family Open Swim and Lap Swim 7:30-10:00 pm L / E / R					Friday: 9:00 am- 11:00 am 3:00 pm -10:00 pm	
8:30 PM	Center Closes at 10:00 PM					3:00 PM to 10:00 PM	Saturday- Sunday: 9:00 am - 6:00 pm
9:00 PM							
10:00 PM							

## **Aquatic Programs and Activity Descriptions**

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

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 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. 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.

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

Classes for both adults (Adult Lessons) and children (Children's Lessons - CL) 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 are available by contacting the Aquatics Department at 330-945-3131

**Winter I:** Jan 5 - Feb 14th **Spring I:** March 2 - April 11th **Spring II:** April 28 - June 7th

### **Aquatic Exercise Programs:**

Water exercise programs guided by our Aerobics Coordinator will be offered throughout the week. Shallow water exercise classes (Challenge), deep-water classes (In The Deep) and Warm Water classes (in our Leisure pool) are offered morning and evening. See the aerobic schedule for class descriptions. Please contact for more information at 330-945-3130

### **Stow-Munroe Falls High School:**

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 October through the end of February. The LifeStyles 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.

### **Age Group Team:**

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

### **Adult Masters Swimming:**

Coached workouts for the serious adult swimmer *and those* wanting to improve their swimming technique, skills and overall fitness. Monday & Wednesday nights 6:30 p.m. – 7:30 p.m.

### **Family Open Swims (FOS):**

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.

### **Special Programs:**

Throughout the year the aquatic department will schedule special programs, such as Red Cross Lifeguard Training and Water Safety Instructor courses, stroke technique clinics, snorkeling and SCUBA diving, pool parties, and a variety of safety training workshops based on the needs and requests of our LifeStyles members. Watch the flyer racks, the W.H.E.N. screen at the Membership Services area and the bulletin boards for information on upcoming pool events and classes.