

# Pool Lap Schedule

Effective: #####

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30AM	Adult Lap Swim/Exercise/Recreation (L/E/R)					L/E/R	L/E/R	
7:00AM								
8:00AM						Aqua Zumba		
8:15AM	Deep Water							
9:00AM	Shallow Strength	In The Deep	AquaLite	Boot Camp	Aqua Lite	Shallow Spalsh	L/E/R	
9:45AM						Limited L/E/R	Children's Swim Lessons	
10:00AM	Family Open Swim and L/E/R							
11:00AM	L/E/R					Family Open Swim and L/E/R	Family Open Swim (FOS)	
1:00PM	L/E/R	MS Class	L/E/R	MS Class				
2:00PM	L/E/R					Family Open Swim and L/E/R	Family Open Swim (FOS)	
3:00PM	REVERE SWIM TEAM							
4:00PM	L/E/R							
5:00PM	CSL - SEE SCHEDULE FOR TIMES					Family Open Swim and L/E/R Therapy Pool	Center Closes at 6:00PM	
6:00PM	L/E/R	L/E/R	Adult Lesson 6:15 - 7:00	L/E/R				
7:00PM								
8:00PM								
8:30PM						L/E/R = Adult Lap Exercise and Recreation Shaded Areas = Dependent Hours C.S.L. = Children's Swim Lessons See back of schedule for more descriptions.		
9:00PM	L/E/R							
10:00PM	Center Closes at 10:00PM							

**AKRON GENERAL  
HEALTH & WELLNESS CENTER - WEST**

1