

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

Schedule is subject to change without notice

January – March 2026

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday		
5:30 AM	Green HS 5:30 – 6:30am Using 3 Lanes	L/E/R	Green HS 5:30 – 6:30am Using 3 Lanes	L/E/R	Green HS 5:30 – 6:30am Using 3 Lanes					
5:30 AM	Adult Lap Swim/Exercise/Recreation (L/E/R) 5:30am – 9:00am					L/E/R 7:00am – 9:00am				
7:00 AM										
8:00 AM										
9:00 AM	Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 11:00am					(FOS)& (L/E/R)	Swim Lessons 9:00am – 1:00pm	Family Open Swim (FOS) & LAP Swim (L/E/R)	Red Cross Cert. Class (dates/ times vary)	
9:15 AM	Aqua Groove	Aqua Shallow Fit	Aqua Bootcamp	Aqua Shallow Fit	Aqua Groove	Healing Waters				
10:30 AM	Healing Waters		Healing Waters							
11:00 AM	Adult Lap Swim/Exercise/Recreation (L/E/R) 11:00am-3:00pm					Family Open Swim (FOS) & LAP Swim (L/E/R)			Red Cross LG, WSI Courses (dates/tim es vary)	
3:00 PM	Green High School Swim Team Practice Lap Pool: Monday-Friday (using 5 lanes)									
3:00 PM	Family Open Swim (FOS) Leisure Pool 3:00pm – 5:30pm									
4:30 PM	Red Cross LGT, WSI, CSL and Adult LAP Swim (L/E/R)									
5:00 PM	Swim Lessons & FOS, L/E/R until 5:30pm				Swim Lessons & FOS, L/E/R 3:00pm – 10:00pm	CENTER CLOSSES AT 6 PM				
6:30 PM	Aqua Bootcamp	Aqua Shallow Fit	Aqua Bootcamp	Aqua Groove						
	Family Open Swim * Lap Swim (L/E/R) 7:00pm-10:00pm						<b>Yellow Areas = Dependent Hours</b> Mon – Thurs: 9:00am – 11:00am 3:00pm – 5:30pm 7:00pm – 10:00pm  Friday: 9:00am – 11:00am 3:00pm – 10:00pm  Sat-Sun: 9:00am - 6:00pm  <b>Blue Areas = Group Exercise Classes</b> <b>L/E/R = Adult Lap Exercise and Recreation</b>  See back of schedule for more descriptions.			
10:00 PM	CENTER CLOSSES AT 10:00 PM									

\*Swim Team practices October through February

Updated 12-15-2025

# AQUATIC PROGRAM 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 or deep water or by holding on to the poolside. This is the best time to take advantage of unscheduled pool time. During busy pool times, swimmers may be asked to share a lane. We'll do our best to accommodate your needs.

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

Classes for both adults (Adult Lessons) and children (Children's Lessons - CSL) will be offered for those wanting to improve their water skills, stroke mechanics and general fitness. Choose from Red Cross Levels I - VI, Red Cross Parent-Child Classes or Adult Lessons. Private Lessons are available by contacting the aquatics department at 330-896-5007.

## **Aquatic Exercise Programs:**

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 (in the therapy pool) are offered morning and evening. See the aerobic schedule for class days, times, and descriptions.

## **Green High School:**

LifeStyles, Green is proud to be the home of Green High School Swimming. Practices are held Monday - Friday from 3:15 - 5:15 p.m. during the months of October through Late February. There is one lap lane available in the Lap Pool during this time. The LifeStyles lap pool will be closed from approximately 3:00 - 8:00 p.m. for home swim meets. The dates of the home swim meets will be posted.

## **S.E.A.L.S**

The S.E.A.L.S. (Swimming Elite at Lifestyles) is a youth non-competitive swim program that meets 2 days/week. Swimmers will work on stroke technique, speed, endurance, proper stretching techniques, etc. Swimmers must be able to pass Red Cross Level 3 in order to participate. SEALS sessions run concurrently with the Learn-to-Swim Sessions. See dates on swim lesson flier.

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

Scheduled during dependent hours, the family open swim time is geared to, but not limited to, family entertainment. Toys and flotation devices are available.

## **Special Programs:**

Throughout the year the aquatic department will schedule special programs, such as Red Cross Lifeguard Training (LGT), Water Safety Instructor (WSI) 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 and the bulletin boards for information on upcoming pool events and classes.