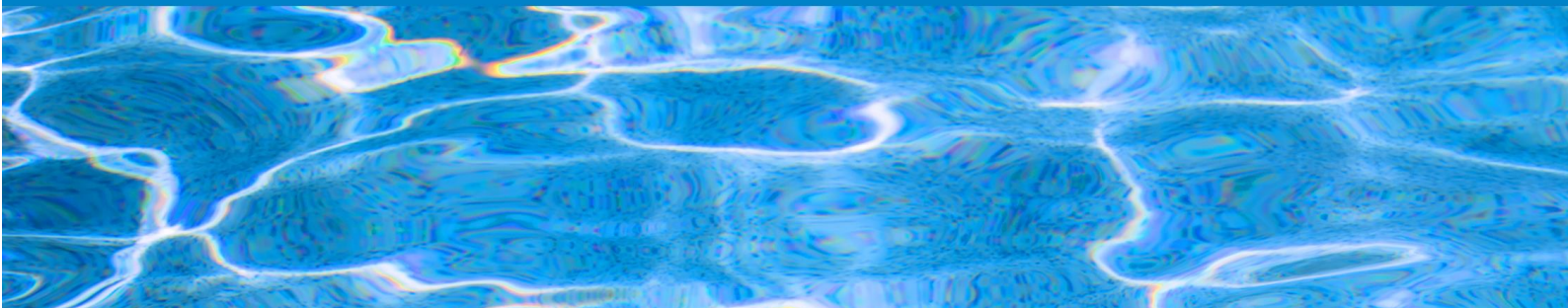




AKRON GENERAL  
HEALTH & WELLNESS CENTER

# 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> 11:00am to 3:00pm					<b>ADULT LAP SWIM (L/E/R)</b> 7:00AM to 9:00AM		<b>ADULT LAP SWIM (L/E/R)</b> 8:00am - 9:00am
6:00 AM								
7:00 AM								
9:00 AM	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 9:00am to 11:00am					<b>Family Open Swim</b>	<b>Family Open Swim</b>	<b>(FOS)</b>
9:15 AM	Aqua Zumba	Aqua Rx	Total Body Intervals	Aqua Rx	Aqua Zumba			Aqua Zumba
10:00 AM	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim			<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b>
11:00 AM	<b>ADULT LAP SWIM (L/E/R)</b> 11:00am to 3:00pm					<b>Family Open Swim</b>	<b>Family Open Swim</b>	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 9:00AM to 6:00PM
1:30pm	Healing Waters 1:30 – 2:20	ADULT LAP SWIM (L/E/R)	Healing Waters 1:30 – 2:20	ADULT LAP SWIM (L/E/R)				
3:00 PM	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 3:00 to 5:30PM				<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 3:00 to 10:00PM			
5:00 PM						<b>POOL CLOSSES at 6 PM</b>		
5:30 PM								
6:30 PM	Total Body Intervals	Aqua Rx	Total Body Intervals	Aqua Rx	<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			
7:00 PM								
7:30 PM	<b>FAMILY OPEN SWIM (FOS) &amp; LAP SWIM (L/E/R)</b> 7:30 to 10:00PM							
9:00 PM								
10:00 PM	<b>CENTER CLOSSES AT 10 PM</b>							

**Lap Pool: 1 Swimmer Per Lane**

**Maintain Social Distancing in Spa, Leisure Pool, and Pool Area**

## 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. Aqua Rx, 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 Lori Lyons 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.