

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

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30 AM	ADULT LAP SWIM (L/E/R) 5:30AM to 9:00AM					ADULT LAP SWIM (L/E/R) 7:00AM to 9:00AM		ADULT LAP SWIM (L/E/R) 8:00AM to 9:00AM		
7:00 AM										
9:00 AM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 9:00AM to 11:00AM					(FOS)	Swim Lessons 9:00AM to 12:00PM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R)  9:00AM to 6:00PM		
9:15 AM	Aqua Zumba	Aqua Rx	Aqua Crush	Aqua Rx	Aqua Zumba	Healing Waters				
10:30 AM	Healing Waters	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 9:00AM to 11:00AM	Healing Waters	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 9:00AM to 11:00AM	(FOS)	(FOS)				
11:00 AM	ADULT LAP SWIM (L/E/R) 11:00AM to 3:00PM					(FOS)				
1:30PM										
3:00 PM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 3:00 to 5:30PM					FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 3:00 to 10:00PM	POOL CLOSING at 6 PM  Yellow areas indicate Dependent Hours  Mon-Thurs: 9:00AM to 11AM 3:00PM to 5:30PM 7:00PM to 10:00PM  Friday: 9:00AM to 11:00AM 3:00PM to 10:00PM  Sat-Sun: 9:00AM to 6:00PM			
5:00 PM	Adult Swim Lessons 5-6:30	L/E/R until 7:00	Swim Lessons 5-6:30	L/E/R until 7:00	Swim Lessons 5-6:30			L/E/R until 7:00		
5:30 PM										
6:00 PM										
6:30 PM	SEALS	Total Body Intervals	Adult Masters	Aqua Rx	SEALS			Aqua Fit	Adult Masters	Aqua Zumba
7:00 PM										
7:30 PM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 7:00 to 10:00PM									
8:00 PM										
9:00 PM										
10:00 PM	CENTER CLOSING AT 10 PM									

## 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, Aqua Crush, Aqua Fit, Total Body Intervals and Healing Waters classes are offered morning and evening hours. See the Group Exercise schedule for class descriptions. Please call (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.

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

Classes for both Adults and Children will be offered for those wanting to improve their water skills, stroke mechanics, and/or general fitness. Participants may choose from Red Cross Parent-Child, Preschool classes, Levels I-VI, or Adult Lessons.

### **Green High School Swimming:**

LifeStyles is proud to be the home of the Green High School Swimming. Practices will be held Monday – Friday from 3pm–5pm during the months of November through February. The LifeStyles competition pool will be closed from approximately 3:00pm-8:00pm for up to four 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.

### **Adult Masters Swimming:**

Coached workouts for the serious adult swimmer and those wanting to improve their swimming technique, skills and overall fitness. Tuesday & Thursday nights 6:30pm – 7:30pm.

### **SEALS (Swimming Elite at LifeStyles):**

The S.E.A.L.S (Swimming Elite at Lifestyles) is a non-competitive swim team that meets in the evenings. Swimmers will work on stroke technique, speed, and endurance. Swimmers must be able to pass Red Cross Level 4 in order to participate. SEALS sessions run concurrently with the Learn-to-Swim Sessions. See dates on the class schedule.

### **Special Programs:**

Throughout the year the aquatic department will schedule special programs, such as Red Cross Lifeguard Training (LGT) and Water Safety Instructor (WSI) courses, stroke technique clinics, pool parties, and a variety of safety training workshops based on the needs and requests of our LifeStyles members.