

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) 11:00AM to 3:00PM					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
9:15 AM	Aqua Zumba	Aqua Rx	Aqua Zumba	Aqua Rx	Aqua Zumba		
10:15 AM	Healing Waters	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 9:00AM to 11:00AM				(FOS)	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 9:00AM to 6:00PM
11:00 AM	ADULT LAP SWIM (L/E/R) 11:00AM to 3:00PM						
1:30PM	Adult Lap Swim (L/E/R)		Healing Waters	Adult Lap Swim (L/E/R)			
3:00 PM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 3:00 to 5:30PM					(FOS)	
5:00 PM	Adult Swim Lessons 5-6:30	L/E/R until 7:30	Swim Lessons 5-6:30	L/E/R until 7:30	Swim Lessons 5-6:30		L/E/R until 7:30
5:30 PM							FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 3:00 to 10:00PM
6:00 PM							
6:30 PM	SEALS	Total Body Intervals	Adult Masters	Aqua Rx	SEALS	Total Body Intervals	SEALS Adult Masters Aqua Rx
7:00 PM							
7:30 PM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 7:30 to 10:00PM					FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 3:00 to 10:00PM	
8:00 PM							
9:00 PM							
10:00 PM	CENTER CLOSING AT 10 PM						

Yellow areas indicate Dependent Hours

Mon-Thurs: 9:00AM to 11AM
3:00PM to 5:30PM
7:30PM to 10:00PM

Friday: 9:00AM to 11:00AM
3:00PM to 10:00PM

Sat-Sun: 9:00AM to 6:00PM

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.

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.

Age Group Team:

The S.E.A.L.S (Swimming Elite at Lifestyles) is non-competitive swim team that meets in the evenings. Swimmers will work on stroke technique, speed, and endurance. Swimmers must be able to swim at least one length of the pool front crawl to qualify. See the Aquatics Manager or call 330.896.5007 for more information.