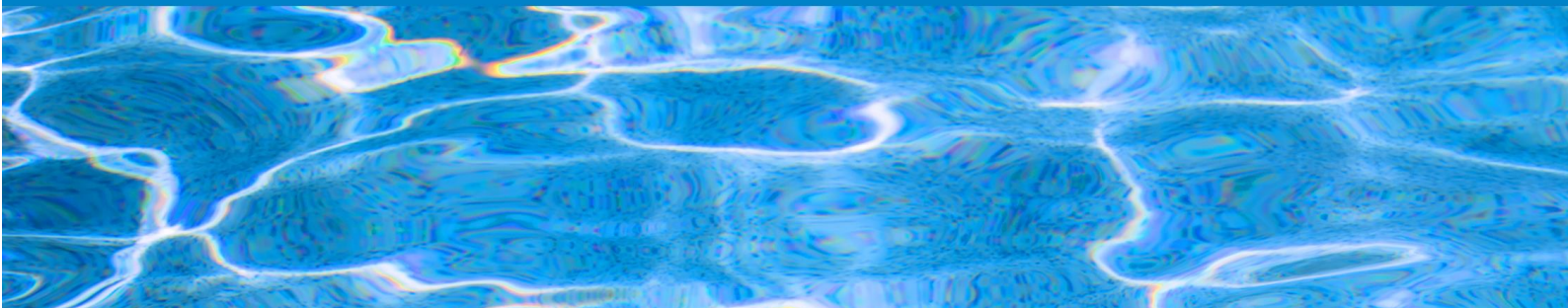




AKRON GENERAL
HEALTH & WELLNESS CENTER

LifeStyles Pool Schedule



Cleveland Clinic Akron General Health & Wellness Center, Green

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Green High School Swimming (3 Lanes) 5:30am to 6:30am					ADULT LAP SWIM (L/E/R) 7:00AM to 9:00AM	ADULT LAP SWIM (L/E/R) 8:00am - 9:00am
6:30 AM							
7:00 AM	ADULT LAP SWIM (L/E/R) 5:30am to 3:00pm						
9:00 AM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 9:00am to 11:00am					Family Open Swim	(FOS)
9:15 AM	Aqua Zumba	Aqua Rx	Total Body Intervals	Aqua Rx	Aqua Zumba	Healing Waters	Aqua Zumba
10:00 AM	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Swim Lessons 9:00AM until Noon
11:00 AM	ADULT LAP SWIM (L/E/R) 11:00am to 3:00pm						
1:30pm	Healing Waters	ADULT LAP SWIM (L/E/R)	Healing Waters	ADULT LAP SWIM (L/E/R)		Family Open Swim	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R)
3:00 PM	FOS	Green High School Swimming (5 Lanes) 3:00pm to 5:00pm				Family Open Swim	9:00AM to 6:00PM
5:00 PM	Swim Lessons 5-6:30						
5:30 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 CLOSES at 6 PM	
6:30 PM	Total Body Intervals	Aqua Rx	Total Body Intervals	Aqua Rx		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	
7:00 PM							
7:30 PM	FAMILY OPEN SWIM (FOS) & LAP SWIM (L/E/R) 7:30 to 10:00PM						
9:00 PM							
10:00 PM	CENTER CLOSES AT 10 PM						

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): COVID Restrictions: 1 swimmer per lap lane; Max limits listed for Leisure Pool. Family units can stay together but must remain 6' apart from others.

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: COVID Restrictions: Must pick up a "pass" for class 30 minutes before the start time. Passes can be picked up from the front desk.

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): Leisure Pool max number is 9. Family units may swim together but must stay 6' apart from others.

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: Will begin in January 2021 with specific COVID Restrictions.

Classes for both Adults (Adult Lessons-AL) and Children (Children Lessons-CL) 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 classes, Red Cross 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: COVID Restrictions: Masters is on hold at this time.

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.