



Charlevoix Area Community POOL

June 27th - July 31st, 2021

3 WEEK GROUP SWIM LESSONS START JULY 6TH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 to 7:00	CLOSED SUNDAYS	Lap Swim 6AM to 8AM	Lap Swim 6AM to 8AM	Lap Swim 6AM to 8AM	Lap Swim 6AM to 8AM	Lap Swim 6AM to 8AM		
7:00 to 8:00								
8:00 to 9:00		Aqua Exercise 8 AM to 9:30AM	Aqua Exercise 8 AM to 9:30AM	Aqua Exercise 8 AM to 9:30AM	Aqua Exercise 8 AM to 9:30AM	Aqua Exercise 8 AM to 9:30AM		
9:00 to 9:30								
9:30 to 10:30		Moderate Aqua	Open Swim 9:30AM to 11AM	Moderate Aqua	MHC & IAF 9:30AM to 12PM	Moderate Aqua		
10:30 to 11:00		Twinges		Twinges		Twinges	Lap Swim & Private Lessons 10:30AM to 1PM	
11:00 to 11:30		Lap Swim & Private Lessons 11:30AM to 1PM	MHC & IAF 11AM to 1PM	Lap Swim & Private Lessons 11:30AM to 1PM		Lap Swim & Private Lessons 11:30AM to 1PM		
11:30 to 12:00								
12:00 to 1:00					Lap Swim & Private Lessons 12PM to 2:30PM			
1:00 to 2:00			MHC & IAF 1PM to 3PM	Lap Swim & Private Lessons 1PM to 3PM	MHC & IAF 1PM to 3PM	MHC & IAF 1PM to 3PM	Open Swim 1PM to 3PM	
2:00 to 2:30								
2:30 to 3:00								
3:00 to 4:00			Open Swim 3PM to 4:30PM	Swimmers with Disabilities	Lap Swim & Private Lessons 3PM to 5PM	Open Swim 2:30PM to 4PM		
4:00 to 4:30				* Group Lessons Check website for class times Private Lessons Only		* Group Lessons Check website for class times	Lap Swim & Private Lessons 3PM to 6PM	
4:30 to 5:00			Lap Swim & Private Lessons 4:30PM to 6:30PM					
5:00 to 5:30					Open Swim 5PM to 6:30PM			
5:30 to 6:00								
6:00 to 6:30								
6:30 to 7:30				Aqua Exercise	Lap Swim & Private Lessons			

*** THESE DATES ONLY: JUNE 29TH, JULY 1ST, JULY 27th, & JULY 29th**
From 4pm - 6pm will be Lap swim & Private lessons ~ THESE DATES ONLY ~

Schedule is subject to change

Activity Descriptions:

Aqua Exercise - Water fitness class with instruction.
IAF - "Independent Adult Fitness" - General swimming & pool exercise intended for adults and seniors. Pool is shared with Munson Healthcare Charlevoix. No lap swimming.
Lap Swim - Lane lines in and max occupancy of eight swimmers: two in each lane.
MHC - "Munson Healthcare Charlevoix" - Aquatic physical therapy set up through the hospital.
Moderate Aqua - Less intense water fitness class with instruction.
Open Swim - Pool available for all ages' general use and play; no lap swimming.
Rentals Available - Check out the website or call for costs and details!
Swim School / Lessons - Learn to swim programs for all ages. Check online or call for information and to sign up.
Swimmers with Disabilities - physical fitness and exercise for children and adults with intellectual disabilities: no instruction. \$3/person
Twinges - "Twinges in the Hinges" - Joint mobility class with instruction.

Participation Policy:

- Children ages 5 & under must be within arms reach of an adult in the water
- Children ages 6-11 must be at least 48" tall AND pass the swim test OR wear a Coast Guard approved life vest to be admitted in the water without an adult
- If a child is unable to touch the bottom of the shallow end while standing and cannot pass the swim test, they must wear a Coast Guard approved life vest in the Pool at all times
- Only children who have passed the swim test will be admitted in the deep end
- All children ages 15 & under may be asked to take and repeat a swim test each visit

Drop in Pricing:

"Residents" are property owners in the City of Charlevoix, Hayes Township & Charlevoix Township. "Non-District" are all others.
Residents: Adult \$4.50, Senior (62+) & Military \$3.50, Student \$2.50.
 All Aqua Classes (with Instruction) \$7
Non-District: Adult \$5, Senior (62+) & Military \$4, Student \$2.50.
 All Aqua Classes (with Instruction) \$8
Pre-paid punch cards can discount rates! Ask for details.

For more information, please call (231)547-0982
Check out our website www.charlevoixpool.org