



**MAJOR SCHEDULE CHANGES DUE TO STAFFING
- LIFEGUARDS WANTED -**

	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		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	
8:00 to 9:00		Moderate Aqua	Open Swim 9:30AM to 11AM	Moderate Aqua	MHC & IAF 9:30AM to 12PM	Moderate Aqua	
9:00 to 9:30		Twinges	MHC & IAF 11AM to 1PM	Twinges		Twinges	
9:30 to 10:30		Lap Swim & Private Lessons 11:30AM to 1PM		Lap Swim & Private Lessons 11:30AM to	Lap Swim & Private Lessons 11:30AM to	Lap Swim & Private Lessons 12PM to 2:30PM	Lap Swim & Private Lessons 11AM to 1PM
10:30 to 11:00		MHC & IAF 1PM to 3PM	Lap Swim & Private Lessons 1PM to 3PM	MHC & IAF 1PM to 3PM	Open Swim 2:30PM to 4PM		Open Swim *LIMITED CAPACITY* 1PM to 3PM
11:00 to 11:30			Swimmers with Disabilities	Lap Swim & Private Lessons		GROUP LESSONS START OCT 19	
11:30 to 12:00					GROUP LESSONS START OCT 19		
12:00 to 1:00						GROUP LESSONS START OCT 19	
1:00 to 2:00					GROUP LESSONS START OCT 19		
2:00 to 2:30				GROUP LESSONS START OCT 19			
2:30 to 3:00					GROUP LESSONS START OCT 19		
3:00 to 4:00				GROUP LESSONS START OCT 19			
4:00 to 4:30					GROUP LESSONS START OCT 19		
4:30 to 5:30				GROUP LESSONS START OCT 19			
5:30 to 6:30					GROUP LESSONS START OCT 19		
6:30 to 7:30				Aqua Exercise			

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 lap swimmers are expected to share their lane. Circle swimming is used if lanes exceed two swimmers. When private lessons are scheduled at the same time, one lane will be reserved for them.
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!
Stingrays - Lap swim time available for Stingray Swim Team kids. We are looking to hire a coach, call for more information!
Swim School / Lessons - Learn to swim programs for all ages. Check online or call for information and to sign up. New three week session starts October 19th.
Swimmers with Disabilities - physical fitness and exercise for children and adults with intellectual disabilities: no

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**