

# Charlevoix Area Community Pool

June 15-30, 2020

**\*15 Patron Max Pool Capacity\***

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 to 7:00	<b>CLOSED SUNDAYS</b>	Lap Swim 6 AM to 8 AM	Lap Swim 6 AM to 8 AM	Lap Swim 6 AM to 8 AM	Lap Swim 6 AM to 8 AM	Lap Swim 6 AM to 8 AM	
7:00 to 8:00							
8:00 to 8:15		Aqua Exercise 8 AM to 9:15 AM	Aqua Exercise 8 AM to 9:15 AM	Aqua Exercise 8 AM to 9:15 AM	Aqua Exercise 8 AM to 9:15 AM	Aqua Exercise 8 AM to 9:15 AM	
8:15 to 9:15							
9:15 to 9:30							
9:30 to 10:30		Moderate Aqua	Open Swim 9:30 AM to 11 AM	Moderate Aqua	MHC & IAF 9:30 AM to 12:00 PM	Moderate Aqua	IAF 9 AM to 11 AM
10:30 to 11:00		Twinges		Twinges		Twinges	
11:00 to 11:30							
11:30 to 12:00		Lap Swim	MHC & IAF 11 AM to 1 PM	Lap Swim	Lap Swim 12 PM to 2:30 PM	Lap Swim	Lap Swim 11 AM to 1 PM
12:00 to 12:30		Private Lessons		Private Lessons		Private Lessons	
12:30 to 1:00							
1:00 to 2:00		MHC & IAF 1 PM to 3 PM	Lap Swim 1 PM to 2:30 PM	MHC & IAF 1 PM to 3 PM	Open Swim 2:30 PM to 4 PM	MHC & IAF 1 PM to 3 PM	Open Swim 1 PM to 3 PM
2:00 to 2:30							
2:30 to 3:00			Swimmers with Disabilities 2:30 PM to 4 PM				
3:00 to 4:00		Lap Swim		Lap Swim		Lap Swim	
4:00 to 5:00		Private Lessons		Private Lessons		Private Lessons	
4:00 to 5:00		Off Season Swim Team Practice	Off Season Swim Team Practice	Off Season Swim Team Practice	Off Season Swim Team Practice	Open Swim 4 PM to 5:30 PM	
5:00 to 5:30							
5:30 to 6:00							

\*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 circle swimming is used if lanes exceed three swimmers.

**MHC** - "Munson Healthcare Charlevoix" - Aquatic physical therapy set up through the hospital.

**Moderate Aqua** - Less intense water fitness class with instruction.

**Scuba Diving** - Sign up with Scuba North: 231-947-2520. Check our website for the dates of our next class. Ages 12 and up, cost is \$399 +tax.

**Off Season Swim Team** - Pricing on website. Contact Coach Thea for more information: thea@charlevoixpool.org

**Swim School / Lessons** - Learn to swim programs, call to sign up! Private, Semi-Private, and Group all available.

**Swimmers with Disabilities** - physical fitness and exercise for children and adults with intellectual disabilities: no instruction.

**Open Swim** - Pool available for all ages' general use and play; no lap swimming.

**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](http://www.charlevoixpool.org)**