



Charlevoix Area Community POOL

**Max Pool Capacity:
15 Patrons**

**January 18 - 31,
2021**

GROUP FITNESS CLASSES ARE BACK!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 to 7:00	CLOSED SUNDAYS	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 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 9:30 AM to 11 AM	Moderate Aqua	MHC & IAF 9:30 AM to 12:00 PM	Moderate Aqua	Stingray Youth Lap Swim 9AM to 11AM
10:30 to 11:00		Twinges		Twinges		Twinges	
11:00 to 11:30							
11:30 to 12:00		Lap Swim 11:30AM to 1PM	MHC & IAF 11 AM to 1 PM	Lap Swim 11:30AM to 1PM		Lap Swim 11:30AM to 1PM	Lap Swim 11 AM to 1 PM
12:00 to 1:00					Lap Swim 12 PM to 2:30 PM		
1:00 to 2:00		MHC & IAF 1 PM to 3 PM	Lap Swim 1 PM to 3 PM	MHC & IAF 1 PM to 3 PM		MHC & IAF 1 PM to 3 PM	Open Swim 1 PM to 3 PM
2:00 to 2:30					Open Swim 2:30 PM to 4 PM		
2:30 to 3:00		Lap Swim	Swimmers with Disabilities	Lap Swim		Lap Swim	
3:00 to 4:00							
4:00 to 5:00		Stingray Youth Lap Swim 4PM to 6:30PM	Stingray Youth Lap Swim 4PM to 6:30PM	Stingray Youth Lap Swim 4PM to 6:30PM	Stingray Youth Lap Swim 4PM to 6:30PM	Stingray Youth Lap Swim 4PM to 6:30PM	
5:00 to 6:00							
6:00 to 6:30							
6:30 to 7:30				Aqua Exercise	Lap Swim		

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!

Stingray Swim Team - Pricing on website. Contact the pool for more information.

Swim School / Lessons - Learn to swim programs, currently postponed due to social distancing regulations.

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

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