



November 20 - December 3, 2022



* TWO WEEK SCHEDULE *

POOL CLOSED THURSDAY NOV. 24th

Swim Lesson Dates: November 8, 10, 15, 17, 22 & 29

| | Sunday | Monday | Tuesday | Wednesday | Thursday (12/1) | 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 | | 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 | | |
| 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 | | 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 | | |
| 9:30 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 | | | | |
| 11:00 to 11:30 | | Twinges | MHC & IAF 11AM to 1PM | Lap Swim & Private Lessons 11:30AM to 1:30PM | Lap Swim & Private Lessons 12PM to 2:30PM | Lap Swim & Private Lessons 11:30AM to 1:30PM | | Lap Swim & Private Lessons 11AM to 1PM |
| 11:30 to 12:00 | | Lap Swim & Private Lessons 11:30AM to 1:30PM | | Lap Swim & Private Lessons 11:30AM to 1:30PM | | Lap Swim & Private Lessons 11:30AM to 1:30PM | | |
| 12:00 to 1:00 | | Lap Swim & Private Lessons 11:30AM to 1:30PM | Lap Swim & Private Lessons 1PM to 3PM | Lap Swim & Private Lessons 11:30AM to 1:30PM | Open Swim 2:30PM to 4PM | Lap Swim & Private Lessons 11:30AM to 1:30PM | | Open Swim *LIMITED CAPACITY* 1PM to 3PM |
| 1:00 to 1:30 | | MHC & IAF 1:30PM to 3:30PM | | MHC & IAF 1:30PM to 3:30PM | | MHC & IAF 1:30PM to 3:30PM | | |
| 1:30 to 2:30 | | MHC & IAF 1:30PM to 3:30PM | Swimmers with Disabilities | Lap Swim & Private Lessons 3:30PM to 5:30PM | Lap Swim & Private Lessons 4PM to 6PM | Lap Swim & Private Lessons 3:30PM to 5:30PM | | |
| 2:30 to 3:00 | | Lap Swim & Private Lessons 3:30PM to 5:30PM | Group Lessons 4PM to 6PM Sign Up Online! | Lap Swim & Private Lessons 3:30PM to 5:30PM | | | | |
| 3:00 to 3:30 | | Open Swim *LIMITED CAPACITY* | | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | LAP SWIM 6PM to 7PM | | Lap Swim & Private Lessons 3:30PM to 5:30PM |
| 3:30 to 4:00 | | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | | | | |
| 4:00 to 4:30 | | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | LAP SWIM 6PM to 7PM | Lap Swim & Private Lessons 3:30PM to 5:30PM | | |
| 4:30 to 5:00 | | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | | | | |
| 5:00 to 5:30 | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | LAP SWIM 6PM to 7PM | Lap Swim & Private Lessons 3:30PM to 5:30PM | | | |
| 5:30 to 6:00 | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | | | | | |
| 6:00 to 7:00 | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | LAP SWIM 6PM to 7PM | Lap Swim & Private Lessons 3:30PM to 5:30PM | | | |
| 7:00 to 7:30 | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | | | | | |
| 7:30 to 8:00 | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | LAP SWIM 6PM to 7PM | Lap Swim & Private Lessons 3:30PM to 5:30PM | | | |
| | Open Swim *LIMITED CAPACITY* | LAP SWIM 6PM to 7PM | *LIMITED CAPACITY* 5:30PM to 7PM | | | | | |

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. *Limited Capacity* is at the discretion of the lifeguard on duty.

Stingrays - We are looking to hire a coach, please apply if you are interested!

Swim School / Lessons - Learn to swim programs for all ages. Check online or call for information and to sign up. New session dates are November: 8, 10, 15, 17, 22 & 29. We are closed 11/24.

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 or residents of the City of Charlevoix, Hayes Township, or Charlevoix Township. "Non-District" are all others.

Residents: Adult \$4.50, Senior (62+) & Military \$3.75, Student \$2.50.

All Aqua Classes (with Instruction) \$6.75

Non-District: Adult \$5.50, Senior (62+) & Military \$4.75, Student \$2.50.

All Aqua Classes (with Instruction) \$8.50

ASK ABOUT OUR SILVER SNEAKERS DISCOUNTS

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