

# December 1 - 21, 2024



Charlevoix Area  
*Community*  
**POOL**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 to 7:00		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	
7:00 to 8:00							* * *
8:00 to 9:00		Aqua Exercise 8AM to 9:30AM	Aqua Exercise 8AM to 9AM	Aqua Exercise 8AM to 9:30AM	Aqua Exercise 8AM to 9AM	Aqua Exercise 8AM to 9:30AM	
9:00 to 9:30			Moderate Aqua 9AM to 10AM		Moderate Aqua 9AM to 10AM		
9:30 to 10:00		Moderate Aqua		Moderate Aqua		Moderate Aqua	
10:00 to 10:30							
10:30 to 11:00		Twinges		Twinges		Twinges	
11:00 to 11:30			IAF 10AM to 11:30AM		Open Swim 10AM to 11:30AM		
11:30 to 12:00	IAF 11AM to 1PM						Lap Swim & Private Lessons 11AM to 1PM
12:00 to 12:30		Lap Swim & Private Lessons 11:30AM to 1:30PM	Open Swim 11:30AM to 1:30PM	Lap Swim & Private Lessons 11:30AM to 1:30PM	IAF 11:30AM to 1:30PM	Lap Swim & Private Lessons 11:30AM to 1:30PM	
12:30 to 1:00							
1:00 to 1:30							Open Swim *LIMITED CAPACITY* 1PM to 3PM
1:30 to 2:00	Open Swim *LIMITED CAPACITY* 1PM to 3PM						
2:00 to 3:00		IAF 1:30PM to 3PM	Lap Swim 1:30PM to 4PM	IAF 1:30PM to 3PM	Lap Swim 1:30PM to 4PM	IAF 1:30PM to 3PM	
3:00 to 4:00		Lap Swim		Swimmers with Disabilities		Lap Swim	
4:00 to 5:00							
5:00 to 6:00	* * *	Swim Team 4PM to 6PM	Swim Team 4PM to 6PM	Swim Team 4PM to 6PM	Swim Team 4PM to 6PM	Swim Team 4PM to 6PM	
6:00 to 7:00							
7:00 to 8:00		Open Swim *LIMITED CAPACITY* 6PM to 8PM	Lap Swim 6PM to 8PM	Lap Swim	Open Swim *LIMITED CAPACITY* 6PM to 8PM		
				Aqua Exercise			

## HOLIDAY CLOSURES: December 24, 25, 31, & January 1

\*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. 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.

**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 Swim Team** - Welcome Megan Smithburg as our New Coach! Season Practices are underway. Call for details and to sign up. Financial assistance available.

**Swim School / Lessons** - Learn to swim programs for all ages. Check online or [call for information and to sign up](#). New three week group Tuesday/Thursday lesson session will start January 7th at 3-4:30pm.

**Swimmers with Disabilities** - physical fitness and exercise for children and adults with disabilities: no instruction. \$3/person. 100% ADA accessible facility.

**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 \$5.50, Senior (62+) & Military \$4.50, Student \$3.00.

All Aqua Classes (with Instruction) \$8.25

**Non-District:** Adult \$6.75, Senior (62+) & Military \$5.50, Student \$3.75.

All Aqua Classes (with Instruction) \$10

**ASK ABOUT OUR SILVER SNEAKERS DISCOUNTS**

**Pre-paid punch cards can discount rates! Ask for details.**