



Charlevoix Area Community POOL

May 1-7, 2022
ONE WEEK ONLY
(Our Last School Lessons)

	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	School Group Water Safety	Moderate Aqua	MHC & IAF 9:30AM to 12PM	Moderate Aqua		
9:00 to 9:30		Twinges		Twinges	Twinges			
9:30 to 10:30		Lap Swim & Private Lessons 11:30AM to 1PM		Lap Swim & Private Lessons 11:30AM to 1PM	Lap Swim & Private Lessons 11:30AM to 1PM	Lap Swim & Private Lessons 11:30AM to 1PM	Lap Swim & Private Lessons 11AM to 1PM	
10:30 to 11:00		MHC & IAF 1PM to 3PM		MHC & IAF 1PM to 3PM	MHC & IAF 1PM to 3PM	MHC & IAF 1PM to 3PM	Open Swim *LIMITED CAPACITY* 1PM to 3PM	
11:00 to 11:30		Lap Swim & Private Lessons 11:30AM to 1PM		Swimmers with Disabilities	Lap Swim & Private Lessons	Open Swim 2:30PM to 4PM	Lap Swim & Private Lessons	
11:30 to 12:00		Open Swim *LIMITED CAPACITY* 4:30PM to 6:30PM		Group Swim Lessons until 5/5 Call to sign up!	Open Swim *LIMITED CAPACITY* 4:30PM to 6:30PM	Group Swim Lessons until 5/5 Call to sign up!		
12:00 to 1:00								
1:00 to 2:00								
2:00 to 2:30								
2:30 to 3:00								
3:00 to 4:00								
4:00 to 4:30								
4:30 to 5:30								
5:30 to 6:00								
6:00 to 6:30								
6:30 to 7:30				Aqua Exercise				

PROVIDING LESSONS IS A PART OF OUR MISSION. THANK YOU FOR YOUR UNDERSTANDING.
MAY 3rd Final Day of School Water Safety from 9:30am-3pm

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 three week session starts 4/19 on Tuesdays & Thursdays.
- 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) \$7
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