



Charlevoix Area Community POOL

January 8 - 28, 2023

Tuesday/Thursday Swim Lessons start 1/10

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

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 Tuesday/Thursday session starts January 10th.
- 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 \$3.00.
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