






# January 7 - 27, 2024

## Group Lessons Starting



Charlevoix Area  
**Community POOL**

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

Please be aware that the schedule may change due to staffing. Inquire today if you are interested in joining our lifeguarding team!

## UPCOMING LIFEGUARD CLASS!

January 29, 30, 31 & February 5, 6, 7; 4pm - 9pm. Call to register today ~ We need lifeguards!

\*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** - 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 will start January 9th.

**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.**

**For more information, please call (231)547-0982**  
**Check out our website [www.charlevoixpool.org](http://www.charlevoixpool.org)**