

September 29 - October 5, 2024

ONE WEEK ONLY



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			IAF 10AM to 11:30AM		Open Swim 10AM to 12PM		
10:30 to 11:00		Twinges		Twinges		Twinges	
11:00 to 11:30	IAF 11AM to 1PM		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		Lap Swim & Private Lessons 11:30AM to 1:30PM					
12:00 to 12:30							
12:30 to 1:00							
1:00 to 1:30	Open Swim *LIMITED CAPACITY* 1PM to 3PM		Lap Swim 1PM to 3PM	IAF 1:30PM to 3PM	Lap Swim 2PM to 4PM	IAF 1:30PM to 3PM	Open Swim *LIMITED CAPACITY* 1PM to 3PM
1:30 to 2:00		IAF 1:30PM to 3PM					
2:00 to 3:00							
3:00 to 4:00		Lap Swim	Swimmers with Disabilities	Lap Swim		Lap Swim	
4:00 to 5:00		Off Season Swim Team 4PM to 6PM	Open Swim 4PM to 6PM	Off Season Swim Team 4PM to 6PM	IAF 4PM to 6PM	Off Season Swim Team 4PM to 6PM	
5:00 to 6:00							
6:00 to 7:00		Open Swim *LIMITED CAPACITY* 6PM to 8PM	Lap Swim 6PM to 8PM	Aqua Exercise	Open Swim *LIMITED CAPACITY* 6PM to 8PM		
7:00 to 8:00				Lap Swim			

Coming Next Week: several changes to the afternoon program schedule with the start up of our Stingrays Swim Team Season - GO STINGRAYS!
PLEASE JOIN US FOR OUR ANNUAL MEETING OCTOBER 10TH: 4PM AT THE POOL

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! Off Season Practice is 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 October 8th at NEW TIMES: 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.