



January 28 - February 3, 2024

\* ONE WEEK ONLY \*



Charlevoix Area  
Community  
POOL

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

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

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UPCOMING LIFEGUARD CLASS!

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

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School Groups are Starting Up! Please check out our changing schedule. Providing lessons is a part of our mission. Thank you for your understanding.

\*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 February 13th.
- 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)