



Charlevoix Area  
Community  
**POOL**

**May 14 - June 3, 2023**  
Expanding Aqua Ex Offerings!

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

**Thank you for sharing the pool these last few months in order for our local schools to receive Swim Lessons and Water Safety, it helps to fulfill our Mission.**

\*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 May 16th.
- 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 \$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)**