



Charlevoix Area Community

Note Tuesday/Thursday Program & Group Lesson Times

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 to 7:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00 to 8:00	(5)	6AM to 8AM	6AM to 8AM	6AM to 8AM	6AM to 8AM	6AM to 8AM	
8:00 to 9:00		Aqua Exercise 8AM to 9AM	Aqua Exercise 8AM to 9AM	Aqua Exercise 8AM to 9AM	Aqua Exercise 8AM to 9AM	Aqua Exercise 8AM to 9AM	
9:00 to 10:00		Moderate Aqua Exercise	Moderate Aqua Exercise	Moderate Aqua Exercise	Moderate Aqua Exercise	Moderate Aqua Exercise	
10:00 to 11:00		Twinges 10AM to 11AM	IAF	Twinges 10AM to 11AM	Open Swim	Twinges 10AM to 11AM	
11:00 to 11:30 11:30 to 12:00	IAF	Lap Swim &	10AM to 12PM	Lap Swim &	IVAM to II:30AM	Lap Swim &	Lap Swim &
12:00 to 1:00	11AM to 1PM	Private Lessons 11AM to 1PM	Open Swim	Private Lessons	IAF 11:30AM to 1:30PM	Private Lessons	Private Lessons 11AM to 1PM
1:00 to 1:30 1:30 to 2:00	Open Swim	IAF	12PM to 1:30PM Lap Swim	IAF	Lap Swim	IAF	Open Swim
2:00 to 3:00	1PM to 3PM	1PM to 3PM	1:30PM to 3PM	1PM to 3PM	1:30PM to 3PM	1PM to 3PM	1PM to 3PM
3:00 to 4:00		Lap Swim	GROUP SWIM	Swimmers with Disabilities	GROUP SWIM	Lap Swim	
4:00 to 4:30 4:30 to 5:00		Stingrays Swim Team	LESSONS DRYLAND Stingrays	Stingrays Swim Team	Stingrays	Stingrays Swim Team	
5:00 to 6:00		4PM to 6PM	Swim Team 4PM to 6PM	4PM to 6PM	Swim Team 4PM to 6PM	4PM to 6PM	
6:00 to 7:00		Open Swim	Lap Swim	Aqua Exercise 6PM to 7PM	Open Swim	Petoskey Swim Club	
7:00 to 8:00		6PM to 8PM	6PM to 8PM	Lap Swim	6PM to 8PM	Rental	

POOL CLOSED ALL DAY: THANKSGIVING 11/27

Schedule is subject to change

Activity Descriptions:

Capacity for all programs is at the discretion of the lifeguard(s).

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.

Stingrays Swim Team - Competitive Season Starts October 6th - Call for details and to sign up. Financial assistance available.

Swim School - Learn to swim programs for all ages. Check online or **call for** information and to sign up.

Swimmers with Disabilities - physical fitness/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.

For more information, please call (231)547-0982 Check out our website www.charlevoixpool.org

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 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; ask a lifeguard for details
- · 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 \$5.75, Senior (62+) & Military \$4.75, Student \$3.25. Group Fitness Class (with Instruction) \$8.75

Non-District: Adult \$7.00, Senior (62+) & Military \$5.75, Student \$4.00 Group Fitness Class (with Instruction) \$11

ASK ABOUT OUR SILVER SNEAKERS DISCOUNTS AND HOW TO SAVE BY PURCHASING A PUNCH PASS