Charleyoix Area June 22 - July 19, 2025 POUL *CLOSED 4th of JULY*

***	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 to 7:00 7:00 to 8:00		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	
8:00 to 9:00	S	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	7	Moderate Aqua Exercise	Moderate Aqua Exercise	Moderate Aqua Exercise	Moderate Aqua Exercise	Moderate Aqua Exercise	
10:00 to 11:00	<u>^</u>	Twinges 10AM to 11AM	IAF	Twinges 10AM to 11AM	Open Swim	Twinges 10AM to 11AM	**
11:00 to 12:00		Lap Swim & Private Lessons	10AM to 12PM	Lap Swim & Private Lessons	10AM to 12PM	Lap Swim & Private Lessons	Lap Swim & Private Lessons
12:00 to 1:00		11AM to 1PM	Open Swim 12PM to 2PM	11AM to 1PM	IAF 12PM to 2PM	11AM to 1PM	11AM to 1PM
1:00 to 2:00		IAF 1PM to 3PM	121 101 60 21 101	IAF 1PM to 3PM	121 101 60 21 101	IAF 1PM to 3PM	Open Swim 1PM to 3PM
2:00 to 3:00			Lap Swim & Private Lessons	Swimmers with	Lap Swim & Private Lessons	Law Carina	
3:00 to 4:00 4:00 to 5:00		Lap Swim OFF SEASON	2PM to 4PM	Disabilities OFF SEASON	2PM to 4PM	Lap Swim	
5:00 to 6:00		Swim Team 4PM to 6PM	Open Swim 4PM to 6PM	Swim Team 4PM to 6PM	IAF 4PM to 6PM	Open Swim 4PM to 6PM	
6:00 to 7:00		Open Swim	Lap Swim	Aqua Exercise 6PM to 7PM	Open Swim		
7:00 to 8:00		6PM to 8PM	6PM to 8PM	Lap Swim	6PM to 8PM		

The Pool will be CLOSED Venetian Week July 20 - 26th

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. Private lessons may be scheduled at any lap swim time, if they are booked, 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. Capacity is Limited by the lifeguard(s) discretion.

Stingrays Swim Team - OFF SEASON Practices are underway on Mondays and Wednesdays. Call for details and to sign up. Financial assistance available. Two week SWIM CAMP scheduled starting the end of July!

Swim School - Learn to swim programs for all ages. Check online or call for information and to sign up. Next session will be in August.

Swimmers with Disabilities - physical fitness and exercise for children and adults with disabilities: no instruction. \$3/person. 100% ADA accessible facility.

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 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; 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. NEW PRICES EFFECTIVE 3/1/25

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