



# DECEMBER 2018

## LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-10:00AM OPEN SWIM	11:00AM-8:00PM OPEN SWIM	6:00AM-10:00AM OPEN SWIM	11:00AM-8:00PM OPEN SWIM	6:00AM-10:00AM OPEN SWIM	9:00AM-3:00PM OPEN SWIM	1:00PM-4:30PM OPEN SWIM
10:00AM-11:00AM Water Aerobics		10:00AM-11:00AM Water Aerobics		10:00AM-11:00AM Water Aerobics		
11:00AM-8:00PM OPEN SWIM		11:00AM-8:00PM OPEN SWIM		11:00AM-7:00PM OPEN SWIM		

## THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-10:00AM OPEN SWIM	11:00AM-8:00PM OPEN SWIM	6:00AM-10:00AM OPEN SWIM	11:00AM-8:00PM OPEN SWIM	6:00AM-10:00AM OPEN SWIM	9:00AM-3:00PM OPEN SWIM	1:00PM-4:30PM OPEN SWIM
10:00AM-11:00AM Water Aerobics		10:00AM-11:00AM Water Aerobics		10:00AM-11:00AM Deep Water Aerobics		
11:00AM-1:00PM OPEN SWIM		11:00AM-1:00PM OPEN SWIM		11:00AM-7:00PM OPEN SWIM		
1:00PM-3:00PM Heartland Therapy		1:00PM-3:00PM Heartland Therapy				
3:00PM-8:00PM OPEN SWIM		3:00PM-8:00PM OPEN SWIM				

### POOL INFORMATION

- Non-swimming children must be accompanied by an adult.
- The Y therapy pool is primarily for water therapy or aquatic programs.
- When not in use for aqua-aerobics, swim lessons, or water therapy, the therapy pool may be used by members of all ages at the discretion of the lifeguard.
- Upon the arrival of a disabled member or start of water therapy pool programs, members may be required to move to the lap pool.

### SCHEDULED CLOSURES

Pool availability and schedule is subject to change. Please call the front desk at 276-979-0280 to check for any pool closers on any day in question.

**Inclement Weather Policy**— in the event of thunder, the pool will closed for thirty minutes. This time will reset at each clap of thunder.

### POOL SCHEDULE

<b>Mon &amp; Weds</b>	6:00AM-8:00PM
<b>Tues &amp; Thurs</b>	11:00AM-8:00PM
<b>Friday</b>	6:00AM-7:00PM
<b>Saturday</b>	9:00AM-3:00PM
<b>Sunday</b>	1:00PM-4:30PM