



MARCH 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-7:00PM OPEN SWIM	9:00AM-3:00PM OPEN SWIM	1:00PM-4:00PM OPEN SWIM
10:00AM-11:00AM Water Aerobics		10:00AM-11:00AM Water Aerobics				
11:00AM-12:00PM Deep Water Aerobics		11:00AM-12:00PM Deep Water Aerobics				
12:00PM-8:00PM OPEN SWIM		12:00PM-8:00PM 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-12:00PM OPEN SWIM	9:00AM-3:00PM OPEN SWIM	1:00PM-4:00PM OPEN SWIM
10:00AM-11:00AM Water Aerobics		10:00AM-11:00AM Water Aerobics		12:00PM-2:00PM AASC—Therapy		
11:00AM-12:00PM Deep Water Aerobics		11:00AM-12:00PM Deep Water Aerobics		2:00PM-7:00PM OPEN SWIM		
12:00PM-1:00PM OPEN SWIM		12:00PM-1:00PM 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

Mon & Weds	6:00AM-8:00PM
Tues & Thurs	11:00AM-8:00PM
Friday	6:00AM-7:00PM
Saturday	9:00AM-3:00PM
Sunday	1:00PM-4:30PM