



NOVEMBER 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 | | |
| 11:00PM-8:00PM OPEN SWIM | | 11:00PM-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 Water Aerobics | | |
| 11:00PM-1:00PM OPEN SWIM | | 11:00AM-1:00PM OPEN SWIM | | 11:00AM-12:00PM OPEN SWIM | | |
| 1:00PM-3:00PM Heartland Therapy | | 1:00PM-3:00PM Heartland Therapy | | 12:00PM-2:00PM AASC—Therapy | | |
| 3:00PM-8:00PM OPEN SWIM | | 3:00PM-8:00PM OPEN SWIM | | 2:00PM-7:00PM 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

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|--------------|----------------|
| 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 |