



# APRIL 2019

## LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM-10AM OPEN SWIM	11AM-8PM OPEN SWIM	6AM-10AM OPEN SWIM	11AM-8PM OPEN SWIM	6AM-10AM OPEN SWIM	9AM-3PM OPEN SWIM	1PM-4:30PM OPEN SWIM
10AM-11AM Water Aerobics		10AM-11AM Water Aerobics		10AM-11AM Water Aerobics		
11AM-12PM OPEN SWIM		11AM-12PM OPEN SWIM		11AM-12PM OPEN SWIM		
4PM-8PM OPEN SWIM		4PM-8PM OPEN SWIM		4PM-7PM OPEN SWIM		

## THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM-10AM OPEN SWIM	11AM-12PM Heartland Therapy	6AM-10AM OPEN SWIM	11AM-12PM Heartland Therapy	6AM-12PM OPEN SWIM	9AM-3PM OPEN SWIM	1PM-4:30PM OPEN SWIM
10AM-11AM Water Aerobics	12PM-8PM OPEN SWIM	10AM-11AM Water Aerobics	12PM-12:30PM OPEN SWIM	4PM-7PM OPEN SWIM		
11AM-12PM OPEN SWIM		11AM-12PM OPEN SWIM	12:30PM-2PM AASC Therapy			
4PM-8PM OPEN SWIM		4PM-8PM OPEN SWIM	2PM-8PM 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 closures on any day in question.

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

### POOL SCHEDULE

Mon & Weds	6AM-12PM & 4PM-8PM
Tues & Thurs	11AM-8PM
Friday	6AM-12PM & 4PM-7PM
Saturday	9AM-3PM
Sunday	1PM-4:30PM