



AUGUST 2019

LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM-12PM OPEN SWIM	11AM-8PM OPEN SWIM	6AM-12PM OPEN SWIM	11AM-8PM OPEN SWIM	6AM-12PM OPEN SWIM	9AM-3PM OPEN SWIM	1PM-4:30PM 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 OPEN SWIM	6AM-10AM OPEN SWIM	11AM-12:30PM OPEN SWIM	6AM-10AM OPEN SWIM	9AM-3PM OPEN SWIM	1PM-4:30PM OPEN SWIM
10AM-11AM Water Aerobics	12PM-1PM Heartland Therapy	10AM-11AM Aquatic Dance	12:30PM-2PM AASC Therapy	10AM-11AM Water Aerobics		
11AM-12PM OPEN SWIM	1PM-8PM OPEN SWIM	11AM-12PM OPEN SWIM	2PM-3PM Heartland Therapy	11AM-12PM OPEN SWIM		
4PM-8PM OPEN SWIM		4PM-8PM OPEN SWIM	3PM-8PM OPEN SWIM	4PM-7PM 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