

SCHEDULES

Due to the delay in getting the September schedule out and the pool closing the week of Sept. 13, the time change for T/TH Deep Water and Aquaerobics classes (from 8:30am and 9:30am start times to 9am and 10am start times) will take effect Tuesday, September 21.

REFER TO THECENTRE.INFO FOR THE MOST UPDATED SCHEDULES

September Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						CLOSED 6:00-8:00
7:00 AM	Lane Swim 6:00-9:00	Lane Swim 6:00-9:00 *Note new times ↓	Lane Swim 6:00-9:00	Lane Swim 6:00-9:00 *Note new times ↓	Lane Swim 6:00-9:00	
8:00 AM						
9:00 AM	Aquaerobics Dp Wtr Aerobics 9:00-9:50	Deep Water Aerobics 9:00-9:50	Aquaerobics Dp Wtr Aerobics 9:00-9:50	Deep Water Aerobics 9:00-9:50	Aquaerobics Dp Wtr Aerobics 9:00-9:50	Lane Swim 8:00-10:00
10:00 AM	Aquacise/DW 10:00-10:50	Aquaerobics 10:00-10:50	Aquacise/DW 10:00-10:50	Aquaerobics 10:00-10:50	Aquacise/DW 10:00-10:50	
11:00 AM		OPEN 11:00-11:30		OPEN 11:00-11:30		
NOON	Lane Swim 11:00-1:00	Lane Swim 11:30-1:00	Lane Swim 11:00-1:00	Lane Swim 11:30-1:00	Lane Swim 11:00-1:00	
1:00 PM	Sept. 1st - 3rd OPEN SWIM 1-3:30 p.m. Beginning September 7th, CLOSED 1-3:30 p.m. Monday through Friday. Available to rent.					
2:00 PM						OPEN 10:00-8:50
3:00 PM	Swim Club 3:30-5:00	OPEN 3:30-5:30 or 3:30-7:00	Swim Club 3:30-5:00	OPEN 3:30-5:30 or 3:30-7:00		
4:00 PM					OPEN 3:30-8:50	
5:00 PM	OPEN 5:00-8:00	Lessons* 5:30-7:00 September 21-30	OPEN 5:00-8:00	Lessons* 5:30-7:00 September 21-30		
6:00 PM		AA and DWA 7:10-8:00		AA and DWA 7:10-8:00		
7:00 PM						
8:00 PM	Lane Swim 8:00-8:50	OPEN 8:00-8:50	Lane Swim 8:00-8:50	OPEN 8:00-8:50		
9:00 PM CLOSE	CLOSED / Available to Rent					

Pool Notes

Open swim starts at 1pm weekdays.
The slides and climbing walls are available during OPEN swim time.
*Open 5:30 - 7 except for lessons Sept. 21 - Oct. 21

Swim Lessons

Our levels correspond with Red Cross Swim Lessons levels. For a description of the requirements for each level, please call The Centre @ 517.263.6232.

Date: Session IV Sept. 21 -Oct.21 TU/TH

Descriptions/Time:
Age: 6m-3y Aquababies 5:30 - 6:00 pm

MUST BE TOILET TRAINED TO PARTICIPATE IN ANY OF THE LESSON LEVELS BELOW:

Age: 3-6y Guppies*A^ 6:00 - 6:30 pm
Guppies*B^ 6:30 - 7:00 pm
Age: 4-8y Blue Gills* A 6:00 - 6:30 pm
Blue Gills* B 6:30 - 7:00 pm
Age: 5-8y Barracudas* 5:30 - 6:00 pm
Age: 5-9y Marlins* 6:00 - 6:30 pm
Age: 6-12y Sharks* 6:30 - 7:00 pm

*Max of 6 students in each level

^Must be toilet trained

Cost: \$55 (Member: \$35)

September Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Pump & Pray-1/2		Adult BB 6:00-7:30	Pump & Pray-1/2	Adult BB 6:00-7:30	CLOSED 6:00-8:00
7:15 AM	OPEN 6:30-8:30	OPEN 6:00-8:30	OPEN 7:30-8:30	OPEN 6:30-8:30	OPEN 7:30-9:30	
8:00 AM	Boot Camp-1/2	Have a Ball-1/2	20/20/20-1/2	Boot Camp-1/2		Pump & Pray-1/2
9:00 AM	SilverSneakers MS-1/2	OPEN 10:30-12:00	SilverSneakers CC-1/2	SilverSneakers MS-1/2	SilverSneakers CC-1/2	
10:00 AM	OPEN 10:30-12:00	Texas Line Steppin' 101-1/2	OPEN 10:30-12:00	OPEN 10:30-12:00	OPEN 10:30-12:00	Family Time 9:00 - 12:00
11:00 AM						
NOON	Adult BB-1/2 12:00-1:30	Adult BB-1/2 12:00-1:15	Adult BB-1/2 12:00-1:30	Adult BB-1/2 12:00-1:15	Adult BB-1/2 12:00-1:30	
1:00 PM						
2:00 PM	OPEN 1:30-6:00	OPEN 1:15-7:00	OPEN 1:30-9:00	OPEN 1:15-7:00	OPEN 1:30-5:30	
3:00 PM						OPEN 12:00-9:00
4:00 PM						
5:00 PM						
6:00 PM	Men's BB League 6:00-9:00				Family Time-1/2 5:30-7:00	
7:00 PM		Adult BB 7:00-9:00		Adult BB 7:00-9:00	Adult BB 7:00-9:00	
8:00 PM						
9:00 PM CLOSE	CLOSED / Available to Rent					

Private Swim Lessons

To schedule your personalized lesson today, call Kirsten at 263-6232 ext. 720 or kstiver@lenawee.org.

Cost per 1/2 Hour:
Private: \$16 (Member: \$12)
Semi: \$22 (Member: \$18)

Gym Notes

Some classes occupy only 1/2 of the gym so the other 1/2 is available/OPEN.
SilverSneakers designations:
MS (Muscular Strength & Range of Motion);
CC (Cardio Circuit).
Organized basketball games may be played anytime during scheduled "Adult BB."

Holiday Closings

Sept. 6: Labor Day
Nov. 25: Thanksgiving
Dec. 24: Christmas Eve at 2:00 pm
Dec. 25: Christmas
Dec. 31: New Years Eve at 2:00 pm
Jan. 1: New Year's Day

LEGEND: OPEN Open-Partially Lane Swim Only Class/Specific Use Only Not Open-CLOSED