



Important! this monthly calendar may highlight temporary reservations that don't occur all month (*). See notes.

The pool and gym are available for rental groups Monday through Saturday. Contact Corien at 263-6232 ext. 711 if you're interested!

Centre Hours

Mon-Fri: 6:00 am - 9:00 pm
 Saturday: 8:00 am - 9:00 pm
 Sunday: CLOSED

July 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 6:00-8:30	Lane Swim 6:00-9:00	Lane Swim 6:00-8:30	Lane Swim 6:00-9:00	
8:00 AM		Dp Wtr Aerobics 8:40-9:30		Dp Wtr Aerobics 8:40-9:30		
9:00 AM	Aquaerobics Dp Wtr Aerobics 9:00-9:50	Aquaerobics 9:40-10:30	Aquaerobics Dp Wtr Aerobics 9:00-9:50	Aquaerobics 9:40-10:30	Aquaerobics Dp Wtr Aerobics 9:00-9:50	Lane Swim 8:00-10:00
10:00 AM	Aquacise/DW 10:00-10:50	OPEN 10:30-11:30	Aquacise/DW 10:00-10:50	OPEN 10:30-11:30	Aquacise/DW 10:00-10:50	
11:00 AM		Lane Swim 11:30-1:00		Lane Swim 11:30-1:00		
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						
2:00 PM	OPEN 1:00-8:00	OPEN 1:00-7:00	OPEN 1:00-8:00	OPEN 1:00-7:00	OPEN 1:00-8:50	OPEN 10:00-8:50
3:00 PM						
4:00 PM						
5:00 PM	Lessons* 5:30-7:00 July 12-22	Lessons* 5:30-7:00 July 12-22	Lessons* 5:30-7:00 July 12-22	Lessons* 5:30-7:00 July 12-22		
6:00 PM		Aquaerobics Dp Wtr Aerobics^ 7:10-8:00		Aquaerobics Dp Wtr Aerobics^ 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					

Friday Night Lights Out!

Swim with the overhead lights out and only the underwater lights on! 7 - 9 pm

For safety reasons on-duty lifeguard has ultimate discretion.

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 July 12 -22.

^Dp Wtr Aerobics subject to change

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 II July 12 - 22 M/TU/W/TH
 Session III Aug. 16 -26 M/TU/W/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)

Private Swim Lessons

To schedule your personalized lesson tonight, 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."

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

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