

OPEN SWIM SCHEDULE **FEBRUARY 1 - FEBRUARY 15, 2020**

MEMBERS ONLY MONDAY & WEDNESDAY 5-10PM THROUGH MARCH 31

Swim schedule is subject to change please call 440-580-3260 for most current info.

THERE IS A SCHEDULED 10 MINUTE BREAK AT THE TOP OF EVERY HOUR FOR AGES UNDER 18

	Competition Pool	Activity Pool	Water Slide	Cap'n Rec's Ship
SUNDAY	LIFEGUARD CLASSES WILL RUN TIL FEB 9			
9:00 - 1:00 pm	Laps(6) LG CLASS	Open	Closed	Open
1:00 - 4:30 pm	Laps(3) Lo/Hi Dive	Open	Open	Open
MONDAY				
5:00 - 9:15 am	Laps(8)	Open/ SWPT 8-9a	Closed	Closed
9:15 - 10:15 am	Laps(8) **	Water Exercise	Closed/ SWPT	Closed
10:15 - 11:20am	Laps(5) ** Water Exercise	ROM @ 10:30	Closed/SWPT	Closed
11:20 - 3:00 pm	Laps(8) **	Open/SWPT til 12p	Closed	Closed
3:00 - 5:00 pm	NO LAP LANES AVAILABLE	Open	Closed	Closed
5:00 - 6:00 pm	Laps(2) Swim/Dive Team	Open	Closed	Closed
6:00 - 9:30 pm	Laps(4) Swim Team	Open	Closed	Open
TUESDAY				
5:00 - 10:45 am	Laps(8)	Open/CCF 7 am	Closed	Closed
10:45 - 11:45 am	Laps(5) Water Exercise	ROM	Closed	Closed
11:45 - 12:45 pm	Laps(6) Burdenko	Aqua Dazna til 12:35 pm	Closed/CCF	Closed
12:45 - 3:00 pm	Laps(8)	Open/CCF til 2 pm	Closed	Closed
3:00 - 5:00 pm	NO LAP LANES AVAILABLE	Open	Closed	Closed
5:00 - 7:30 pm	Laps(2) LTS	LTS	LTS	LTS
7:30 - 8:30 pm	Laps(2) Water Ex/Swim Team	Open/ Adult LTS	Closed	Open
7:30 - 9:30 pm	Laps(5) Swim Team	Open	Closed	Open
WEDNESDAY				
5:00 - 9:15 am	Laps(8)	Open/ SWPT 8-9a	Closed	Closed
9:15 - 10:15 am	Laps(8)	Water Exercise	Closed/ SWPT	Closed
10:15 - 11:15 am	Laps(5) Water Exercise	Open/ SWPT	Closed	Closed
11:15 - 3:00 pm	Laps(8)	Open/SWPT til 12p	Closed	Closed
3:00 - 5:00 pm	NO LAP LANES AVAILABLE	Open	Closed	Closed
5:00 - 6:00 pm	Laps(2) Swim/Dive Team	Open	Closed	Closed
6:00 - 9:30 pm	Laps(4) Swim Team	Open	Closed	Open
THURSDAY				
5:00 - 9:45 am	Laps(8)	Open/CCF 7 am	Closed	Closed
9:45 - 10:45 am	Laps(8)	Aqua Danza	Closed/CCF	Closed
10:45 - 11:35 am	Laps(5) Total Immersion	ROM	Closed	Closed
11:35 - 1:00 pm	Laps(6) Burenko til 12:45 pm	Open/Aqua Dames/CCF	Closed	Closed
1:00 - 3:00 pm	Laps(8)	Open/CCF til 2 pm	Closed	Closed
3:00 - 5:00 pm	NO LAP LANES AVAILABLE	Open	Closed	Closed
5:00 - 7:30 pm	Laps(2) LTS	LTS	LTS	LTS
7:30 - 8:30 pm	Laps (1) ST/WEX/LTS	Open/LTS Adults	Closed	Open
8:30 - 9:30 pm	Laps(5) Swim Team	Open	Closed	Open
FRIDAY				
5:00 - 9:15 am	Laps(8)	Open/ SWPT 8-9a	Closed	Closed
9:15 - 10:15 am	Laps (8)	Water Exercise	Closed/SWPT	Closed
10:15 - 11:15 am	Laps(5) Water Exercise	Open/SWPT	Closed	Closed
11:15 - 3:00 pm	Laps(8)	Open/SWPT til 12 p	Closed	Closed
3:00 - 5:00 pm	NO LAP LANES AVAILABLE	Open	Closed	Closed
5:00 - 7:30 pm	Laps(3) Swim Team/Lo Dive	Open	Open @ 6 pm	Open
7:30 - 9:30 pm	Laps(3) Lo Dive/Hi Dive	Open	Open	Open
SATURDAY				
8:00 - 9:00 am	Laps(8)	Open	Closed	Closed
9:00 - 10:00 am	Laps(5) LTS/Running Class	LTS	LTS	Closed
10:00 - 11:00 am	Laps(7) LTS	LTS	LTS	Closed
11:00 - 1:00 pm	Laps(3) Diving	LTS	LTS	Closed
1:00 - 4:00 pm	Laps(3) Lo Dive/Hi Dive	Open	Closed	Open
4:00 - 7:30 pm	Laps(8)	Open	Open	Open

CCF=Cleveland Clinic Therapy | **LTS = Learn To Swim** | **ROM = Range of Motion**

SWPT = Southwest Physical Therapy

REVISED 1/23/20

*** FEB 3 9 - 1p - STRONGSVILLE FIRE TRAINING. 5 LANES 9 - 10:15 & 11:20 - 1p. 2 lanes 10:15 - 11:20 a**

OF LAP LANES AVAILABLE ARE LISTED AS (x)