

OPEN SWIM SCHEDULE FEBRUARY 24 - MARCH 22 , 2019

MEMBERS ONLY 1/2/19 -3/31/19 MONDAY & WEDNESDAY 5-10PM

SWIM SCHEDULE 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

Days & Times	Competition Pool	Activity Pool	Water Slide	Cap'n Rec's Fun Ship
MONDAY				
5:00 - 9:15 am	Laps(8)	Open	Closed	Closed
9:15 - 10:15 am	Laps(8)	Water Ex	Closed	Closed
10:15 - 11:20 am	Laps(5) Deep Water Ex	ROM @ 10:30 am	Closed	Closed
11:20 - 3:00 pm	Laps(8)	Open	Closed	Closed
3:00 - 6:00 pm	Laps(2)Swim Team	Open	Closed	Open @ 5 pm
6:00 - 9:30 pm	Laps(8)	Open	Closed	Open
TUESDAY				
NO TUESDAY LESSONS DURING MARCH				
5:00 - 10:45 am	Laps(8)	Open/CCF 7am-2pm	Closed	Closed
10:45 - 11:35 am	Laps(5) Deep Water Ex	ROM	Closed/CCF	Closed
11:35 - 3:00 pm	Laps(8)	ZUMBA TIL 12:35	Closed/ CCF	Closed
3:00 - 5:15 pm	Laps(2)Swim Team	Open	Closed	Closed
5:15 - 7:30 pm	Laps(8)	Open	Closed	Open
7:30 - 8:30 pm	Laps(2)WEX/Swim Team	Open	Closed	Open
8:30 - 9:30 pm	Laps (5) Swim Team Till 9	Open	Closed	Open
WEDNESDAY				
5:00 - 6:30 am	Laps(8)	Closed	Closed	Closed
6:30 - 7:30 am	Laps(4)Swim Team	Open	Closed	Closed
7:30 - 9:15 am	Laps(8)	Open	Closed	Closed
9:15 - 10:15 am	Laps(8)	Water Ex	Closed	Closed
10:15 - 11:15 am	Laps(5) Deep Water Ex	Open	Closed	Closed
11:15 - 3:00 pm	Laps(8)	Open	Closed	Closed
3:00 - 6:00 pm	Laps(2)Swim Team	Open	Closed	Open @ 5 pm
6:00 - 9:30 pm	Laps(8)	Open	Closed	Open
THURSDAY				
NO THURSDAY LESSONS DURING MARCH				
5:00 - 9:45 am	Laps(8)	Open/CCF 7am-2pm	Closed	Closed
9:45 - 10:35 am	Laps(8)	Aqua Zumba	Closed/CCF	Closed
10:35 - 11:35 pm	Laps(5) Water Ex	ROM	Closed/ CCF	Closed
11:35 - 3:00 pm	Laps(8)	Open/CCF/Aqua Dames	Closed	Closed
3:00 - 5:15 pm	Laps(2)Swim Team	Open	Closed	Closed
5:15 - 7:30 pm	Laps(8)	Open	Closed	Open
7:30 - 8:30 pm	Laps(5) Water Ex	Open	Closed	Open
8:30-9:30 pm	Laps (8)	Open	Closed	Open
FRIDAY				
** SWIM UNITED LAST PRACTICE BEFORE BREAK 3/15				
5:00 - 9:15 am	Laps(8)	Open	Closed	Closed
9:15 - 10:15 am	Laps(8)	Water Ex	Closed	Closed
10:15 - 11:15 am	Laps(5)Deep Water Ex	Open	Closed	Closed
11:15 - 3:00 pm	Laps(8)	Open	Closed	Closed
3:00 - 5:00 pm	Laps(2)Swim Team	Open	Closed	Closed
5:00 - 7:30 pm	Laps(3)Swim Team	Open	Open	Open
7:30 - 9:30pm	Laps(3)/Lo/Hi Dive	Open	Open	Open
SATURDAY				
8:00 - 9:00 am	Laps (8)	Open	Closed	Closed
9:00 - 11:00 am	Laps (2)LTS	LTS	LTS	Closed
11:00 -12:00 pm	Laps(1) Diving/LTS	LTS	LTS	Closed
12:00 - 1:00 pm	Laps(3) Diving	Open @ 12:30/ LTS	LTS	Closed
1:00 - 7:30 pm	Laps(3)/Lo/Hi Dive	Open	Open	Open
SUNDAY				
LG CLASS WILL RUN 2/24-3/24				
9:00 - 1:00 pm	Laps(5) LG Class	Open/LG	Closed	Open
1:00 - 4:30 pm	Laps(3)/Lo/Hi Dive	Open	Open	Open

CCF=Cleveland Clinic Water Therapy | LTS=Learn To Swim | ROM = Range Of Motion

*** Swim United practices will resume 4/1*

See Back for our Spring Break Schedule

REVISED 2/15/19