

# OPEN SWIM SCHEDULE OCTOBER 28 TH - NOVEMBER 30 TH 2018

MEMBERS ONLY MONDAY & WEDNESDAY 5-10PM

There is a 10 minute "break" at the top of each hour

11/1/2018

POOL SCHEDULE SUBJECT TO CHANGE PLEASE CALL 440-580-3260 FOR CURRENT INFO

Days & Times	Competition Pool	Activity Pool	Water Slide	Cap'n Rec's Fun Ship
<b>MONDAY</b>				
5:00 - 5:30 am	Laps(8)	Open	Closed	Closed
5:30 - 6:30 am	Laps(2) Swim Team	Open	Closed	Closed
6:30 - 7:30 am	Laps (6) Swim Team	Open	Closed	Closed
7:30 - 9:00 am	Laps (8)	Open	Closed	Closed
9:00 - 10:15 am	Laps (8)	SWAP 9:15-10:05 am	Closed	Open
10:15 - 11:15 am	Laps(5) Total Immersion	ROM Shallow Water til 11:20	Closed	Open
11:15 - 3:00 pm	Laps(8)	Open	Closed	Open til 12 pm
3:00 - 6:00 pm	Laps(2) Swim Team	Open	Closed	Open @ 5pm
6:00 - 7:00 pm	Laps(4) Swim Team	Open	Closed	Open
7:00 - 9:30 pm	Laps(2) Swim/Dive Team	Open	Closed	Open
<b>TUESDAY</b>				
5:00 - 5:30 am	Laps(8)	Open	Closed	Closed
5:30 - 6:30 am	Laps (6) Swim Team	Open	Closed	Closed
6:30 - 7:30 am	Laps (8)	Open/CCF 7am-2pm	Closed	Closed
7:30-8:30 am	Laps (5)BW Diving	Open/CCF	Closed	Closed
8:30 - 9:45 am	Laps (8)	Open/CCF	Closed	Closed
9:45 - 10:35 am	Laps(8)	Open/CCF	Closed	Closed
10:35 - 11:45 am	Laps(8)	ROM Shallow Water	Closed	Closed
11:45 - 3:00 pm	Laps(8)	Water Zumba! Til 12:35 p	Closed/CCF	Closed
3:00 - 5:00 pm	Laps(2)Swim Team	Open	Closed	Closed
5:00 - 7:30 pm	Laps(2) LTS	LTS	LTS	LTS
7:30 - 9:30 pm	Laps(2)Water Ex/Swim Team	Open/LTS Adults	Closed	Open
<b>WEDNESDAY</b>				
5:00 - 5:30 am	Laps(8)	Open	Closed	Closed
5:30 - 6:30 am	Laps(2) Swim Team	Open	Closed	Closed
6:30 - 9:00 am	Laps (8)	Open/CCF	Closed	Closed
9:00 - 10:15 am	Laps (8)	SWAP 9:15-10:05 am	Closed	Open
10:15 - 11:15 am	Laps(5) Total Immersion	Open/CCF	Closed	Open
11:15 - 3:00 pm	Laps(8)	Open /CCF till 1pm	Closed	Open til 12 pm
3:00 - 6:00 pm	Laps(2) Swim Team	Open	Closed	Open @ 5 pm
6:00 - 7:00 pm	Laps(4) Swim Team	Open	Closed	Open
7:00 - 9:30 pm	Laps(2) Swim/Dive Team	Open	Closed	Open
<b>THURSDAY</b>				
5:00 - 7:00 am	Laps(8)	Open	Closed	Closed
7:000 - 9:45am	Laps (8)	Open/CCF 7am-2pm	Closed	Closed
9:45 - 10:35 am	Laps(8)	Water Zumba!	Closed/CCF	Closed
10:35 - 11:45 am	Laps(8)	ROM Shallow Water	Closed	Closed
11:45 - 3:00 pm	Laps(8)	Open/Aqua Dames/CCF	Closed	Closed
3:00 - 5:00 pm	Laps(2)Swim Team	Open	Closed	Closed
5:00 - 7:30 pm	Laps(2) LTS	LTS	LTS	LTS
7:30 - 9:30 pm	Laps(2)Water Ex/Swim Team	Open/LTS Adults	Closed	Open
<b>FRIDAY</b>				
5:00 - 5:30 am	Laps(8)	Open	Closed	Closed
5:30 - 6:30 am	Laps(2) Swim Team	Open	Closed	Closed
6:30 - 9:00 am	Laps (8)	Open	Closed	Closed
9:00 - 10:15 am	Laps (8)	SWAP 9:15-10:05 am	Closed	Open
10:15 - 11:15 am	Laps(5) Total Immersion	Open	Closed	Open
11:15 - 3:00 pm	Laps(8)	Open	Closed	Open til 12 pm
3:00 - 5:00 pm	Laps(2) Swim Team	Open	Closed	Closed
5:00 - 7:30 pm	Laps(3) Swim Team/Lo Dive	Open	Open	Open
7:30 - 9:30 pm	Laps(3) Lo Dive/Hi Dive	Open	Open	Open
<b>SATURDAY</b>				
8:00 - 9:00 am	Laps (8)	Open	Closed	Closed
9:00 - 1:00 pm	Laps(2) LTS	LTS	LTS	LTS
1:00 - 7:30 pm	Laps(3)/Open/Hi Dive	Open	Open	Open
<b>SUNDAY</b>				
9:00 - 10:00 am	Laps(8)	Open	Closed	Open
*10:00 - 11:00 am	Laps(2)Spcl. Olym./WSI Training	Open/Wsi Training	Closed	Open
*11:00 - 1:00 pm	Laps(6)/WSI Training	Open/Wsi Training	Closed	Open
1:00 - 4:30 pm	Laps(3)/Open/Hi Dive	Open	Open	Open

The amount of Lap Lanes Available are listed in the (x)

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

High School Dive team dives with the public

\* SPECIAL OLYMPICS WILL USE LANES 5-8 10-11 am ON SUNDAYS.

Please refer to the [Special Open Swim Schedule](#) for days when **STRONGSVILLE** has **NO SCHOOL**

\*\*WSI Training Sunday, November 18th - December 16th (class will use Lap or Act. 10-1pm)

THE AQUATIC CENTER WILL CLOSE EARLY ON FRIDAY, NOVEMBER 2 ND AT 8:30 PM

**\* POOL CLOSED ALL DAY 11/3, 11/4, 11/11 AND CLOSING AT 2:30 PM ON 11/1\***

**POOL WILL CLOSE AT 4:30 PM ON WEDNESDAY, NOVEMBER 28TH FOR SWIM MEET**



