

OPEN SWIM SCHEDULE FEBRUARY 23 - MARCH 20 , 2020

MEMBERS ONLY 1/2/20 -3/31/20 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 Ship
SUNDAY				
9:00 - 1:00 pm	Laps(8)	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 8-9:15a	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 - 6:30 pm	Laps(2) Swim Team	Open	Closed	Open @ 5 pm
6:30 - 9:30 pm	Laps(8)	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	Laps(2) Swim Team	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 8-9:15a	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 - 6:30 pm	Laps(2) Swim Team	Open	Closed	Open @ 5 pm
6:30 - 9:30 pm	Laps(8)	Open	Closed	Open
THURSDAY				
**LTS ENDS THURSDAY, MARCH 5				
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) Water Exercise	ROM	Closed	Closed
11:35 - 1:00 pm	Laps(6) Burenko	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	Laps(2) Swim Team	Open	Closed	Closed
5:00 - 7:30 pm	Laps(2) LTS	LTS	LTS	LTS
7:30 - 8:30 pm	Laps (3) WEX/LTS/ST^	Open/LTS Adults	Closed	Open
8:30 - 9:30 pm	Laps(8)	Open	Closed	Open
FRIDAY				
** SWIM UNITED LAST PRACTICE BEFORE BREAK 3/13				
5:00 - 9:15 am	Laps(8)	Open/ SWPT 8-9:15a	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	Laps(2) Swim Team	Open	Closed	Closed
5:00 - 6:00 pm	Laps(3) Swim Team/Lo Dive	Open	Closed	Open
6:00 - 9:30 pm	Laps(3) Lo Dive/Hi Dive	Open	Open	Open
SATURDAY				
SATURDAY LTS ENDS MARCH 7				
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 - 5:00 pm	Laps(3) Lo Dive/Hi Dive	Open	Open	Open
5:00 - 7:30 pm	Laps(8)	Open	Open	Open

CCF=Cleveland Clinic Water Therapy | **LTS=Learn To Swim** | **ROM = Range Of Motion**
 SWPT = Southwest Physical Therapy

* Due to LTS the pirate will open at 5 pm on Tues & Thursdays beginning 3/10
 ^BEGINNING THURSDAY, MARCH 5 4 LAP LANES WILL BE AVAILABLE^

**** Swim United practices will resume Monday 3/30**

STRONGSVILLE'S SPRING BREAK SCHEDULE ON BACK

REVISED 2/17/2020.