

SCHOOL AGE

Ages 12 - 15

Aquatics

OPEN RECREATION SWIM

This is a chance for parents and children to enjoy our pool together.

Open Rec Swim - Competition Pool

Sun		1:00pm - 4:30pm
Mon & Thu		2:30pm - 4:00pm
Tue, Wed-& Fri		2:30pm - 4:30pm
Tue		6:00pm - 8:30pm
Thu & Fri		6:30pm - 8:30pm
Mon-& Wed		7:30pm - 8:30pm
Sat		9:30am - 11:30am
Sat	no lap swim	2:00pm - 3:30pm

RED CROSS SWIM LESSONS

For a complete listing of swim lessons available, please refer to page 8 for more information.

SWIM TEAM

See page 8 for more information.

Fitness

FITNESS CENTER

As part of our mission to help provide for a healthy lifestyle, we offer a comprehensive fitness program, available to those ages 14 and older. Young adults ages 14 & 15 must attend a mandatory orientation before use. They may use the facility on their own during the hours of 2:00pm - 5:00pm Monday - Friday or any time on the weekend. To use the facility any other time, they must be accompanied by a parent or guardian. Contact George Hockman at ext 115 to schedule a free mandatory orientation for ages 14 & 15.

Athletic Programs

OPEN RECREATION-Gymnasium

Mon-Fri		6:00am-8:30am
Mon & Fri		12:00pm-1:15pm
Wed		12:15pm-1:15pm
Mon		5:00pm-6:30pm
Tues & Thurs		8:00pm-9:30pm
Fri	(gr.6 & above)	7:30pm-9:30pm
Sat		9:30am-10:30am
Sat		1:00pm-2:30pm
Sun		9:00am-10:30am
Sun		4:00pm-5:00pm

Members FREE

Non-Members \$6.00