

# MULTI- USE POOL

Schedule Effective  
Sept 3<sup>rd</sup>-November 20th

Pool programming descriptions and planned schedule changes on back

Water Temp: 82° / 130,000 gal.		PHONE- 751-4100				(# ) = Availability of lanes	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00-8:00 Lap Swim (6)	5:00-5:30 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-5:30 Lap Swim (6)	5:00-8:00 Lap Swim (6)	Opens @ 7:00	Opens @ 7:00
		5:30-6:30 Adult Swim Workout (5) *starts 9/17 Lap Swim (1)		5:30-6:30 Adult Swim Workout (5) *starts 9/19 Lap Swim (1)			
		6:30-8:00 Lap Swim (6)		6:30-8:00 Lap Swim (6)			
8:00	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	7:00-8:15 Adult Swim Workout (5) *starts 9/14 Lap Swim (1)	7:00-2:00 Priv. Lessons (2) Lap Swim (4)
9:00	9:00-10:00 Water Tai Chi(3) *starts 9/9 Lap Swim (3)	9:00-12:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	9:00-11:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	9:00-10:00 Water Tai Chi(3) *starts 9/5 Lap Swim (3)	9:00-11:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	8:15-2:00 Priv. Lessons (2) Lap Swim (4) Group Lessons(3) *starts 9/28 9:30-11:30	
11:00	10:00-11:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)		11:00-12:00 Hydro Fit (5) Lap Swim (1)	10:00-12:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	11:00-12:00 Hydro Fit (5) Lap Swim (1)		
Noon	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)		
1:00	1:00-4:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	1:00-3:30 Physical Ther. (1) Private lessons(1) Lap Swim (4)	1:00-2:00 Physical Ther. (1) Lap Swim (5)	1:00-3:30 Physical Ther. (1) Private lessons(1) Lap Swim (4)	1:00-4:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)		
4:00	4:00-5:00 Swim Team (6)	3:30-5:00 Swim Team (6)	2:00-3:30 Open Swim (6) Early Out	3:30-5:00 Swim Team (6)	4:00-5:00 Swim Team (6)	2:00-6:00 Open Swim (5) Lap Swim (1)	2:00-6:00 Open Swim (5) Lap Swim (1)
5:00	5:00-6:00 Swim Team (4) Private lessons(1) Lap Swim (1)	5:00-6:00 Swim Team (4) Lap Swim (2)	5:00-6:00 Swim Team (4) Private lessons(1) Lap Swim (1)	5:00-6:00 Swim Team (4) Lap Swim (2)	5:00-6:00 Swim Team (4) Private lessons(1) Lap Swim (1)		
6:00	6:00-6:30 Swim Team (3) Lessons (3)	6:00-6:30 Swim Team (4) Lap Swim (2)	6:00-6:30 Swim Team (3) Lessons (3)	6:00-6:30 Swim Team (4) Lap Swim (2)	6:00-6:30 Swim Team (4) Lap Swim (2)	6:00-8:45 Lap Swim (6)	6:00-6:45 Lap Swim (6)
6:30	6:30-8:00 Open Swim (3) Lessons (3)	6:30-7:30 Hydro Fit (5) Lap Swim (1)	6:30-8:00 Open Swim (3) Lessons (3)	6:30-7:30 Hydro Fit(5) Lap Swim (1)	6:30-8:00 Open Swim (5) Lap Swim (1)		
8:00	8:00-9:45 Lap Swim (6) Close @ 9:45	7:30-9:45 Lap Swim (6) Close @ 9:45	8:00-9:45 Lap Swim (6) Close @ 9:45	7:30-9:45 Lap Swim (6) Close @ 9:45	8:00-9:45 Lap Swim (6) Close @ 9:45	Close @ 8:45	Close @ 6:45

## **Pool Programming Descriptions:**

**Lap swim:** Available for swimmers 14 yrs. and older. Private swimming lessons may occur during lap swim times. Please share lanes and circle swim up to 6 swimmers per lane is common pool etiquette.

**Open Swim:** Family and children swim time with lifeguard on duty. See pool age guidelines for specifics. This is the only time children 13 and younger can use the pool. Special groups and days with no school per district 5 calendar will have added open swim times, check here for those dates.

**Hydrofit/Aqua Zumba:** Instructor led pool workouts with upbeat music for all fitness levels, ages 14 and up. May adapt workout to match your level easily. No pre-registration required, free to members.

**Water Tai Chi:** Instructor lead tai chi work out in the water. All levels are welcome. No pre-registration required, free to members.

**Swim Lessons:** Children's group swimming lessons with instructors. Pre-registration required. See website for more information.

**Physical Therapy:** Time designated for outpatient physical therapists to do patient treatments in the water.

**Adult Swim Workout:** Coach on deck, "masters like" guided lap workout. No pre-registration required, free to members. Non-members pay day fee.

**Swim Team:** We support our valley club swim team Glacier Aquatic Club and Flathead high school and Glacier high school swim teams. They hold daily swim team practices and host meets. Thank you for your support of these programs.

**Neon Nights:** Will start in October when its dark in the evenings. Fun family open swim with some glowy neon lights and music. Free for members.

## **Planned Pool Schedule Changes:**

- **Swim Team Camp Sept 21 & 22 all day all lanes**
- **October 17, October 18 No school open swim 2:00-3:30pm**
- **December 14 & 15 swim meets**
- **January 24 & 25 swim meets**

**Shower Policy will be enforced.  
PLEASE take a Cleansing Shower  
before entering pool or spa. Thank you.**

**\*\* NO CELL PHONES ALLOWED IN HOT TUB \*\***