

STOLLE CENTER POOL SCHEDULE

MONDAY & WEDNESDAY			TUESDAY & THURSDAY			FRIDAY			
7:00-8:00 A	Lane #1	WALK	7:00-8:00 A	Lane #1	WALK	7:00-8:00 A	Lane #1	WALK	
	Lane #2	FLEX (Shared Walk/Lap)		Lane #2	FLEX (Shared Walk/Lap)		Lane #2	FLEX (Shared Walk/Lap)	
	Lane #3	LAP		Lane #3	LAP		Lane #3	LAP	
8:00-10:00 A	Lane #1	Water Fitness	8:00-10:00 A	Lane #1	Water Fitness	8:00-10:00 A	Lane #1	Water Fitness	
	Lane #2	Water Fitness		Lane #2	Water Fitness		Lane #2	Water Fitness	
	Lane #3	WALK		Lane #3	WALK		Lane #3	WALK	
10:00 A-12:00 P	Lane #1	WALK	10:00-10:30 A	Lane #1	Water Fitness	10:00 A-8:00 P	Lane #1	WALK	
	Lane #2	FLEX (Shared Walk/Lap)		Lane #2	Water Fitness		Lane #2	FLEX (Shared Walk/Lap)	
	Lane #3	LAP		Lane #3	WALK		Lane #3	LAP	
12:00-12:45 P	Lane #1	Comm. Arthritis	10:30 A-12:00 P	Lane #1	WALK & Atrium MC	8:00 PM		CLOSED	
	Lane #2	Comm. Arthritis		Lane #2	WALK & Atrium MC				
	Lane #3	WALK		Lane #3	LAP				
12:45-3:00 P	Lane #1	WALK	11:30 A-12:00 P	Lane #1	WALK	SATURDAY			
	Lane #2	FLEX (Shared Walk/Lap)		Lane #2	FLEX (Shared Walk/Lap)	7:00 A-6:45 P	Lane #1	WALK	
	Lane #3	LAP		Lane #3	LAP		Lane #2	FLEX (Shared Walk/Lap)	
3:00-5:00 P	Lane #1	WALK & Atrium MC	12:00-12:45 P	Lane #1	Comm. Arthritis	6:45 PM		CLOSED	
	Lane #2	WALK & Atrium MC		Lane #2	Comm. Arthritis				
	Lane #3	LAP		Lane #3	WALK				
5:00-6:15 P	Lane #1	WALK	12:45-6:15 P	Lane #1	WALK	SUNDAY			
	Lane #2	FLEX (Shared Walk/Lap)		Lane #2	FLEX (Shared Walk/Lap)	12:00-5:45 P	Lane #1	WALK	
	Lane #3	LAP		Lane #3	LAP		Lane #2	FLEX (Shared Walk/Lap)	
6:15-7:15 P	Lane #1	Water Fitness	Tuesday 6:15-7:15 P	Lane #1	Water Fitness	5:45 PM	Lane #3	LAP	
	Lane #2	Water Fitness		Lane #2	Water Fitness				CLOSED
	Lane #3	LAP		Lane #3	LAP				
7:15-8:00 P	Lane #1	WALK	Tuesday 7:15-8:00 P	Lane #1	Water Fitness	Pool Temperature Average 87°-89° F Pool Depth 3 1/2 ft - 5 feet deep Pool Length 25 yards Hydraulic Assist Chair Provided			
	Lane #2	FLEX (Shared Walk/Lap)		Lane #2	Water Fitness				
	Lane #3	LAP		Lane #3	LAP				
8:00 PM		CLOSED	Thursday 6:15-6:45 P	Lane #1	WALK				
				Lane #2	FLEX (Shared Walk/Lap)				
				Lane #3	LAP				
			Thursday 6:45-8:00 P	Lane #1	Water Fitness				
				Lane #2	Water Fitness				
				Lane #3	LAP				
			8:00 PM		CLOSED				

NOTE: As a service to our members, feel free to use the kickboards, pull buoys, flippers and hand paddles for lap swimming. If you need assistance, please ask the lifeguard.

When lap swimming is only available in the Cool Lap Pool, members wishing to use the Adult Locker Rooms on the upper level or Stolle Center Locker Rooms will need to wear a robe/cover-up and sandals to travel between the locker room and pool. Thank you.