

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-7:30 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	7:30 PM		CLOSED
	Lane #2	Comm. Arthritis		Lane #2	WALK & Atrium MC			
	Lane #3	WALK		Lane #3	LAP	SATURDAY		
12:45-3:30 P	Lane #1	WALK	11:30 A-12:00 P	Lane #1	WALK	7:00 A-3:00P	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
3:30-5:15 P	Lane #1	WALK & Atrium MC	12:00-12:45 P	Lane #1	Comm. Arthritis	3:00 PM		CLOSED
	Lane #2	WALK & Atrium MC		Lane #2	Comm. Arthritis			
	Lane #3	LAP		Lane #3	WALK	SUNDAY		
5:15-6:15 P	Lane #1	WALK	12:45-6:15 P	Lane #1	WALK	12:00-5:45 P	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
6:15-7:30 P	Lane #1	Water Fitness	6:15-7:30 P	Lane #1	Water Fitness	5:45 PM		CLOSED
	Lane #2	Water Fitness		Lane #2	Water Fitness	Pool Temperature Average 87°-89° F		
	Lane #3	Water Fitness		Lane #3	Water Fitness	Pool Depth 3 1/2 ft - 5 feet deep		
7:30 PM		CLOSED	7:30 PM		CLOSED	Pool Length 25 yards		
						Hydraulic Assist Chair Provided		
<p>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.</p>						<p>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.</p>		