

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			
12:45-3:30 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)
3:30-5:15 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			
5:15-6:15 P	Lane #1	WALK	12:45-6:30 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		CLOSED
	Lane #2	Water Fitness		Lane #2	Water Fitness			
	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			

<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>
---	--