



Fall 2019 Fitness Pool Schedule

December 16 - 22, 2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming () # of Lanes	5:30 AM-6:00 AM (4) 6:00 AM-7:00 AM (2) 7:00 AM-8:00 AM (4) 8:00 AM-4:00PM (2) 4:00 PM-7:00PM(4) 7:00 PM-9:00PM(2)	5:30 AM-9:00 AM (4) 9:00 AM-10:00 AM (1) 10:00 AM-4:00PM(2) 4:00 PM-8:00PM (4) 8:00PM - 9:00PM (2)	5:30 AM-6:00 AM (4) 6:00 AM-7:00 AM (2) 7:00 AM-8:00 AM (4) 8:00 AM-4:00PM (2) 4:00 PM-7:00PM(4) 7:00 PM-9:00PM(2)	5:30 AM-9:00 AM (4) 9:00 AM-10:00 AM (1) 10:00 AM-3:30PM(2) 3:30 PM-9:00PM(4)	5:30-6:00 AM (4) 6:00-7:00 AM (2) 7:00-8:00 AM (4) 8:00-11:00AM (2) 11:00 AM-9:00PM(4)	8:00-9:00 AM (4) 9:00 AM-Noon (2) Noon -7:30 PM (4)	10:00 AM-5:30 PM (4)
Programs	6:00-7:00 AM Lets Do It All	9:00-10:00 AM Low Impact	6:00-7:00 AM Lets Do It All	9:00-10:00 AM Low Impact	6:00-7:00 AM Lets Do It All	10:00-11:00 AM Lets Do It All	
	8:00-9:00 AM Complete Aqua Workout	8:00-9:00 PM Yoga Fit	8:00-9:00 AM Complete Aqua Workout		8:00-9:00 AM Complete Aqua Workout		
	9:00AM-10:00AM Open Water Aerobics		9:00AM-10:00AM Open Water Aerobics		9:00AM-10:00AM Open Water Aerobics		
	10:00-11:00 AM SilverSneakers® Splash		10:00-11:00 AM SilverSneakers® Splash		10:00-11:00 AM Silver Sneakers		
	7:00-9:00 PM Step into Fitness/ Aqua Fitness Medley		7:00-9:00 PM Step into Fitness/ Aqua Fitness Medley				

Day Pass Rates:

Seniors: \$6

Adults: \$8

Children (age 3-17): \$5

For information and updates please call 614-436-2743.

*Schedule is subject to change. We kindly ask that you please wait until class is over and lane lines are in place before entering the Fitness Pool.



Fall 2019 Leisure Pool Schedule

December 16 - 22, 2019

Pool Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	9:00 AM - Noon 3:00 PM - 9:00PM	9:00 AM - Noon 3:00 PM - 9:00PM	9:00 AM - Noon 3:00 PM - 9:00PM	9:00 AM - Noon 3:00 PM - 9:00PM	9:00 AM - 9:00PM	Noon - 7:30 PM	10:00 AM - 5:30PM
Slide	5:00PM-8:00PM	5:00PM-8:00PM	5:00PM-8:00PM	5:00PM-8:00PM	9:00AM-8:00PM	Noon - 7:00 PM	10:00 AM - 5:00 PM
Lazy River	5:30 AM - 9:00AM Noon-3:00PM (adults only) 9:00 AM - Noon 3:00 PM - 9:00 PM (Open to all)	5:30 AM - 9:00AM Noon-3:00PM (adults only) 9:00 AM - Noon 3:00 PM - 9:00 PM (Open to all)	5:30 AM - 9:00AM Noon-3:00PM (adults only) 9:00 AM - Noon 3:00 PM - 9:00 PM (Open to all)	5:30 AM - 9:00AM Noon-3:00PM (adults only) 9:00 AM - Noon 3:00 PM - 9:00 PM (Open to all)	5:30 AM - 9:00AM (Adults Only) 9:00AM - 9:00PM (Open to all)	8:00AM - Noon (adults only) 12:00PM-7:300PM (Open to all)	10:00AM - 5:30 PM (Open to all)
Hot Tub	5:30AM-9:00PM	5:30AM-NOON 2:00PM-9:00PM (Closed for cleaning Noon-2:00PM)	5:30AM-9:00PM	5:30AM-9:00PM	5:30AM-9:00PM	8:00 AM-5:00 PM	10:00AM-5:30 PM

Day Passes:
 Seniors:..... \$6
 Adults: \$8
 Children (age 3-17): \$5

Children not yet potty trained must wear a swim diaper. These are available for purchase for \$2 each at the Customer Service Desk.

Please note the schedule is subject to change due to activity changes or special events.

For information and updates please call 436-2743 or see our website (www.worthington.org).