



# Winter 1 2018 Fitness Pool Schedule

## January 2 - February 11, 2018

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> ( ) # of Lanes	5:30-6:00 AM (4) 6:00-7:00 AM (2) 7:00-8:00 AM (4) 8:00-9:00 AM (2) 9:00 AM-10:00 AM (1) 10:00-11:00 AM (2) 11:00 AM-3:30 PM (4) 3:30-6:00 PM (2) 6:00-7:00 PM (4) 7:00-9:00 PM (2)	5:30-9:00 AM (4) 9:00-10:00 AM (1) 10:00 AM-11:00 AM (2) 11:00 AM-1:00 PM (4) 1:00-2:00 PM (2) 2:00-3:30 PM (4) 3:30-4:15 PM (2) 4:15-5:00 PM (1) 5:00-8:00 PM (3) 8:00-9:00 PM (2)	5:30-6:00 AM (4) 6:00-7:00 AM (2) 7:00-8:00 AM (4) 8:00-9:00 AM (2) 9:00 AM-10:00 AM (1) 10:00-11:00 AM (2) 11:00 AM-3:30 PM (4) 3:30-6:00 PM (2) 6:00-7:00 PM (4) 7:00-9:00 PM (2)	5:30-9:00 AM (4) 9:00 AM-10:00 AM (1) 10:00 AM-11:00 AM (2) 11:00 AM-1:00 PM (4) 1:00 PM - 2:00PM (2) 2:00-3:30 PM (4) 3:30-5:00 PM (2) 5:00-6:00 PM (3) 6:00 PM-9:00PM (2)	5:30-6:00 AM (4) 6:00-7:00 AM (2) 7:00-8:00 AM (4) 8:00-9:00 AM (2) 9:00 AM-10:00 PM (1) 10:00-11:00 AM (2) 11:00 AM-9:00 PM (4)	8:00-9:00 AM (4) 9:00AM-NOON (2) NOON-7:30 PM (4)	10:00 AM-5:30 PM (4)
<b>Programs</b>	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	10:00-11:11 AM Lets Do It All	
	8:00-9:00 AM Step Into Aquatic Fitness	10:00-11:00 AM River Run	8:00-9:00 AM Step Into Aquatic Fitness	10:00-11:00 AM River Run	8:00-9:00 AM Step Into Aquatic Fitness	9:00 AM-Noon Learn to Swim Classes	
	9:00-10:00 AM Lets Do It All	1:00-2:00 PM Multi-Move	9:00-10:00 AM Lets Do It All	1:00-2:00 PM Multi-Move	9:00-10:00 AM Lets Do It All	11:00 AM-Noon River Run	
	10:00-11:00 AM SilverSneakers® Splash	3:30-8:00 PM Learn to Swim Lessons	10:00-11:00 AM SilverSneakers® Splash	3:30-5:00 PM Learn to Swim Lessons	10:30-11:15 AM Silver Sneakers		
	3:30-6:00PM Learn to Swim Lessons	8:00-9:00 PM Complete Aquatic Workout	3:30-6:00 PM Learn to Swim Lessons	6:00-8:00 PM Learn to Swim Lessons			
	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.



# Winter 1 2018 Leisure Pool Schedule

## January 2 - February 11, 2018

Pool Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b>	9:00AM-Noon 3:00-9:00PM	9:00AM-Noon 3:00-5:00PM	9:00AM-Noon 3:00-9:00PM	9:00AM-Noon 3:00-5:00PM	9:00AM-9:00PM	Noon-7:30 PM	10:00AM-5:30PM
<b>Slide</b>	5:00-8:00PM	Not Open	5:00-8:00PM	Not Open	5:00-8:00PM	Noon-7:30 PM	10:00AM-5:30PM
<b>Lazy River</b>	5:30 AM -9:00AM Noon - 3pm (Adults Only) 9:00 AM - Noon 3:00PM - 9:PM (Open to all)	5:30 AM -9:00AM Noon - 3pm (Adults Only) 9:00 AM - Noon 3:00PM - 5:PM (Open to all) 5:00 PM - 9:00PM Closed	5:30 AM -9:00AM Noon - 3pm (Adults Only) 9:00 AM - Noon 3:00PM - 9:PM (Open to all)	5:30 AM -9:00AM Noon - 3pm (Adults Only) 9:00 AM - Noon 3:00PM - 5:PM (Open to all) 5:00 PM - 9:00PM Closed	5:30 AM - 9:00 PM (Adults Only) 9:00AM-9:00PM (Open to all)	Noon-7:30PM	10:00AM-5:30 PM
<b>Programs</b>	10:00AM-5:00PM 8:00-9:00PM	10:00AM-9:00PM	Noon-5:00PM 8:00-9:00PM	10:00AM-9:00PM	None	9:00AM-Noon	None
<b>Whirlpool</b>	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-7:30 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](http://www.worthington.org)).