



November 1 - 30, 2018

The Wellness Center is closed November 22 & 23

DAY	MONDAY 6:00AM - 8:30PM						TUESDAY 6:00AM - 8:30PM						WEDNESDAY 6:00AM - 8:30PM						THURSDAY 6:00AM - 8:30PM						FRIDAY 6:00AM - 6:30PM						SATURDAY 8:00AM - 4:30PM						SUNDAY 11:00AM - 4:30PM					
	LANE	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5
6:00	LAP SWIM 6:00 - 8:00						MASTERS SWIM 6:15 - 7:30						LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						MASTERS SWIM 6:15 - 7:30						CLOSED						CLOSED					
6:30																																										
7:00																																										
7:30							LAP SWIM 6:00 - 8:00																																			
8:00	OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						LAP SWIM 8:00 - 9:30						CLOSED											
8:30																																										
9:00																																										
9:30																																										
10:00	LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	DEEP WATER WORKOUT 10:00 - 10:45					LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	AQUA ZUMBA 10:00 - 10:45					SWIM LESSONS 9:30 - 12:00						WOMEN'S SWIM 10:00 - 11:00					
10:30	OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 7:30						OPEN/LAP SWIM 10:45 - 4:00						Antioch School 1:00 - 2:30 Nov 8, 15, 29						LAP 1:00 - 2:30																	
11:00																																										
11:30																																										
12:00																																										
12:30	OPEN/LAP SWIM 10:45 - 5:30						OPEN/LAP SWIM 10:45 - 7:30						OPEN/LAP SWIM 10:45 - 4:00						OPEN/LAP SWIM 2:30 - 7:30						OPEN/LAP SWIM 3:00 - 4:00						Pool closed for lessons SPA IS OPEN OPEN/LAP SWIM 12:00 - 4:30 TI SWIM CLINIC 2 LANES; Nov 24 9:45-11:45 & 1:30 - 3:30						OPEN/LAP SWIM 11:00 - 4:30					
1:00																																										
1:30																																										
2:00																																										
2:30	Y.S.H.S. SWIM TEAM 4:00 - 5:15						Y.S.H.S. SWIM TEAM 4:00 - 5:15						Y.S.H.S. SWIM TEAM 4:00 - 5:15						Y.S.H.S. SWIM TEAM 4:00 - 5:15						XENIA H.S. SWIM TEAM 4:00 - 5:00						OPEN & LAP											
3:00																																										
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4:30	LAP	Y.S.H.S. SWIM TEAM 4:00 - 5:15					LAP	Y.S.H.S. SWIM TEAM 4:00 - 5:15					LAP	Y.S.H.S. SWIM TEAM 4:00 - 5:15					LAP	Y.S.H.S. SWIM TEAM 4:00 - 5:15					CLOSED						CLOSED											
5:00																																										
5:30	LAP SWIM	AQUA FIT 5:30 - 6:15					OPEN/LAP SWIM						LAP SWIM	AQUA FIT 5:30 - 6:15					OPEN/LAP SWIM 5:00 - 6:30																							
6:00	OPEN/LAP SWIM 6:15 - 8:30												XENIA H.S. SWIM TEAM 7:30 - 8:30																								OPEN/LAP SWIM 6:15 - 8:30					
6:30																																										
7:00																									LAP	MASTERS SWIM 6:30 - 8:00					LAP	MASTERS SWIM 6:30 - 8:00										
7:30							CLOSED												CLOSED						CLOSED						CLOSED											
8:00																																										
8:30	CLOSED						CLOSED						CLOSED						CLOSED						CLOSED																	
	WORKSHOPS and SERIES - See notes for details and fees												Weekly Classes - See notes for details and fees												Special Events and Scholastic Sports - See notes for details																	

AQUATIC TIP OF THE MONTH

The water temperature in the pool holds steady at 83 degrees fahrenheit. The average competition pool temperature can range as low as 77 degrees. By maintaining a constant 83 degree pool temperature, we accommodate the widest range of comfort for our eclectic community.

For our super soakers, the therapeutic spa is a constant 103 degrees fahrenheit. This is why we encourage you to limit your soak to 15 minutes and to avoid immersing your head.

Open/Lap Swim: Recreational swim for all ages. Generally includes designated lap swim lanes.

Lap Swim: Designated lap lanes. Open to all ages. We encourage swimmers to circle swim during peak hours. Please attempt to find a lane with swimmers of a similar skill level/speed when sharing a lane. Lifeguards may reassign swimmers to different lanes according to speed and skill.

Aqua Fitness with Deb Dixon: Co-ed shallow water fitness class that offers a cardio workout. Build stamina, strength, and tone. Non-swimmers welcome. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

Deep Water Workout with Deb Dixon: This is a medium-high intensity workout done in deep water, while wearing an adjustable flotation belt. This workout combines short, high intensity exercise with slower, steady endurance work, followed by muscle toning and a series of stretches to increase flexibility. Participants are encouraged to bring their own belt (the instructor has a limited supply) and must know how to swim. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

Aqua Zumba with Patricia Nelson: Dance, music and exercise are combined into a fun and energetic aquatic workout. Included with Premium membership and Premium day pass.

Antioch School Swim: Thursdays Nov 8, 15, 29 @ 1:00 p.m. to 2:30 p.m.

Xenia High School Swim Team Practice: Tues and Thur @ 7:30 p.m. - 8:30 p.m. and Fri @ 4:00 p.m. - 5:00 p.m.

Yellow Springs High School Swim Team Practice: Mon, Tues, Wed, Thur @ 4:00 - 5:15 Lanes 2,3,4. No practice Nov 21.

Swim Lessons: Saturdays @ 9:30 a.m. to 12:00 p.m. The pool is closed during swim lessons. **The therapeutic spa is open.**

Total Immersion Swim Clinic: 2 Lanes; November 24 @ 9:45 a.m. -11:45 a.m. & 2:30 p.m. - 3:30 p.m.

Masters Swimming with USMS and ASCA certified coach Franklin Halley: Monday/Wednesday 6:30 p.m. - 8:00 p.m. and Tuesday/Friday 6:15 a.m. - 7:30 a.m.

Pool Hours of Operation

Mon-Thu 6:00 a.m. - 8:30 p.m.

Friday: 6:00 a.m. - 6:30 p.m.

Saturday: 8:00 a.m. - 4:30 p.m.

Sunday: 10:00 a.m. - 11:00 a.m. Women only facility time

11:00 a.m. - 4:30 p.m.

***** Schedule is subject to change without notice. Please visit our website or call the front desk at 937.319.0100 for more details *****