



# January 1 - 31, 2019

The Wellness Center is Closed January 1

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						
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											
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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																	
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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  Pool closed for lessons SPA IS OPEN						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						OPEN/LAP SWIM 10:45 - 1:00						OPEN/LAP SWIM 10:45 - 1:00												OPEN/LAP SWIM 12:00 - 4:30						OPEN/LAP SWIM 11:00 - 4:30					
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5:00	LAP SWIM 5:30 - 6:15						AQUA FIT 5:30 - 6:15						OPEN/LAP SWIM						LAP SWIM 5:30 - 6:15						AQUA FIT 5:30 - 6:15						OPEN/LAP SWIM 5:00 - 6:30						CLOSED						CLOSED					
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6:00	LAP	MASTERS SWIM 6:30 - 8:00					XENIA H.S. SWIM TEAM 7:30 - 8:30						LAP	MASTERS SWIM 6:30 - 8:00					XENIA H.S. SWIM TEAM 7:30 - 8:30						CLOSED						CLOSED																	
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8:30	CLOSED						CLOSED						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

Did you know that just being near water can positively affect your health? According to Blue Mind, the psychological benefits of being by the water include: feelings of wellbeing, increased prosocial behavior, more alertness, more mental energy, decreased depression, and better sleep! Keep those winter blues at bay with a swim and soak, or simply take a moment to lounge poolside.

Wishing you a happy and healthy New Year from the Aquatics Team!

**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. Standard membership participants pay a \$5 drop in fee.

**Antioch School Swim:** Thursdays Jan 10 & 24 @ 1:00 p.m. to 2:30 p.m.

**Xenia High School Swim Team Practice:** Tues and Thur @ 7:30 - 8:30 p.m. (ALL LANES). **The therapeutic spa is open.** Fri @ 4:00 - 5:00 p.m. (Lanes 1-4).

**Yellow Springs High School Swim Team Practice:** Mon, Tues, Wed, Thur @ 4:00 - 5:15 p.m. (Lanes 2,3,4).

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

**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 \*\*\***