



Winter 1 2019 Fitness Pool Schedule

January 7 - February 10, 2019

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---------------------------------------|--|--|--|--|--|--|---|----------------------|
| Lap Swimming () # 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) 9:00-10:00AM (1) 10:00-11:00 AM (2) 11:00 AM-3:30PM (4) 3:30PM-5:15PM (2) 5:15PM-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-3:30PM (4) 3:30PM-5:15PM (2) 5:15PM-8:00 PM (1) 8:00 PM - 9:00 PM (4) | 5:30-6:00 AM (4) 6:00-7:00 AM (2) 7:00-8:00 AM (4) 8:00-9:00 AM (2) 9:00-10:00AM (1) 10:00-11:00 AM (2) 11:00 AM-3:30PM (4) 3:30PM-4:30 PM (2) 4:30 PM - 5:15 PM (1) 5:15PM-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-3:30PM (4) 3:30PM-5:15PM (2) 5:15PM-8:00 PM (1) 8:00 PM - 9:00 PM (4) | 5:30-9:00 AM (4) 9:00-10:00 AM (1) 10:00 AM-3:30PM (4) 3:30PM-5:15PM (2) 5:15PM-8:00 PM (1) 8:00 PM - 9:00 PM (4) | 5:30-6:00 AM (4) 6:00-7:00 AM (2) 7:00-8:00 AM (4) 8:00-9:00 AM (2) 9:00-10:00AM (1) 10:00-11:00 AM (2) 11:00 AM-9:00 PM (4) | 8:00-9:00 AM (4) 9:00AM-NOON (1) 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 | 9:00-12:00 PM Swim Lesson | | |
| | 8:00-9:00 AM Complete Aqua Workout | 3:30PM-8:00PM Swim Lesson | 8:00-9:00 AM Complete Aqua Workout | 3:30PM-8:00PM Swim Lesson | 8:00-9:00 AM Complete Aqua Workout | 10:00-11:00 AM Lets Do It All | | |
| | 9:00-10:00 AM Open Water Aerobics | | 9:00-10:00 AM Open Water Aerobics | | 9:00-10:00 AM Open Water Aerobics | 11:00 AM-Noon River Run | | |
| | 10:00-11:00 AM SilverSneakers® Splash | | 10:00-11:00 AM SilverSneakers® Splash | | 10:00-11:00 AM Silver Sneakers | | | |
| | 3:30PM-5:30PM Swim Lesson | | 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 2019 Leisure Pool Schedule

January 7 - February 10, 2019

| Pool Area | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|--|--|--|--|--|-----------------|-----------------|
| Open Swim | 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 |
| Slide | 5:00-8:00PM | Closed | 5:00-8:00PM | Closed | 5:00-8:00PM | Noon-7:00 PM | 10:00AM-5:00PM |
| Lazy River | 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 |
| Programs | 10:00AM-9:00PM | 10:00AM-9:00PM | 10:00AM-5:00PM 8:00-9:00PM | 10:00AM-9:00PM | None | 9:00AM-Noon | None |
| Whirlpool | 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).