

### Cleveland Clinic Akron General Health & Wellness Center, Stow

Schedule is subject to change without notice

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Adult Lap Swim/Exercise/Recreation (L/E/R)					L/E/R		
7:00 AM								
8:00 AM								
9:00 AM	Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 11:00am					Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 6:00pm	Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 6:00pm	
9:30 AM	Aqua Bootcamp Leisure Pool 9:30-10:15am		Aqua Rx Leisure Pool 9:30-10:15am					
10:30 AM				Aqua Barre Leisure Pool 10:30-11:15am	Aqua Zumba Leisure Pool 10:30-11:15am			
11:00 AM	Adult Lap Swim/Exercise/Recreation (L/E/R) 11:00am-3:30pm					Arthritis Exercise Therapy Pool 11:30-12:15pm	Aqua Zumba Leisure Pool 11:30-12:15pm	
	Family Open Swim (FOS) Leisure Pool 3:00pm – 5:30pm					Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 6:00pm	Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 6:00pm	Swim Lessons 12:15pm – 4:00pm
3:30 PM								
5:30 PM	Red Cross LGT, WSI, CSL and Adult LAP Swim (L/E/R)							
6:00 PM	Masters Swim (4 Lanes) 6-7:30pm	SEALS (1-3 Lanes) 6-7pm	Masters Swim (4 Lanes) 6-7:30pm	SEALS (1-3 Lanes) 6-7pm				
6:30 PM	Arthritis Therapy Pool 6:30-7:15pm		Arthritis Therapy Pool 6:30-7:15pm	S'WET Leisure Pool 6:30-7:15pm		CENTER CLOSSES AT 6 PM		
	Family Open Swim * Lap Swim (L/E/R) 7:00pm-10:00pm					<b>Yellow Areas = Dependent Hours</b> <b>Blue Areas = Group Exercise Classes</b> L/E/R = Adult Lap Exercise and Recreation C.S.L. = Children's Swim Lessons LGT = Lifeguard Class WSI = Water Safety Instructor Course  See back of schedule for more descriptions.		
7:00 PM		S'WET Leisure Pool 7:00-7:45pm						
7:30 PM	Arthritis Therapy Pool 7:30-8:15pm		Arthritis Therapy Pool 7:30-8:15pm					
10:00 PM	CENTER CLOSSES AT 10:00 PM							

Schedule Dates: March 1, 2024 through September 30, 2024

Rev. 2-7-2024

\*Swim Team Practice begins Friday, October 25, 2024

# AQUATIC PROGRAM AND ACTIVITY DESCRIPTIONS

## **Adult Lap Swim/Exercise/Recreation Time (L/E/R)**

Within each lane, adults may swim continuously in a workout setting, exercise, or relax and play. Accommodations will be made for all levels of swimmers, including non-swimmers who prefer to exercise in shallow or deep water or by holding on to the poolside. This is the best time to take advantage of unscheduled pool time. During busy pool times, swimmers may be asked to share a lane. We'll do our best to accommodate your needs.

## **Learn-to-Swim Lessons:**

Classes for both adults (Adult Lessons) and children (Children's Lessons - CSL) will be offered for those wanting to improve their water skills, stroke mechanics and general fitness. Choose from Red Cross Levels I - VI, Red Cross Parent-Child Classes or Adult Lessons. Private Lessons are available by contacting the aquatics department at 330-945-3131.

## **Aquatic Exercise Programs:**

Water exercise programs guided by our Group Exercise Coordinator will be offered throughout the week. Shallow water exercise classes, deep-water classes and Warm Water classes (in the therapy pool) are offered morning and evening. See the aerobic schedule for class days, times, and descriptions.

## **Stow Munroe Falls High School:**

LifeStyles is proud to be the home of Stow Munroe Falls High School Swimming. Practices are held Monday - Friday from 3:30 - 5:30 p.m. during the months of October through Late February. There are no lap lanes available in the Lap Pool during this time; however, accommodations can be made to put a lap lane in the Leisure Pool (just ask the Lifeguard). The LifeStyles lap pool will be closed from approximately 3:00 - 8:00 p.m. for home swim meets. The dates of the home swim meets will be posted.

## **S.E.A.L.S**

The S.E.A.L.S. (Swimming Elite at Lifestyles) is a youth non-competitive swim program that meets 2 days/week. Swimmers will work on stroke technique, speed, endurance, proper stretching techniques, etc. Swimmers must be able to pass Red Cross Level 3 in order to participate. SEALS sessions run concurrently with the Learn-to-Swim Sessions. See dates on swim lesson flier.

## **Family Open Swims (FOS):**

Scheduled during dependent hours, the family open swim time is geared to, but not limited to, family entertainment. Toys and flotation devices are available.

## **Special Programs:**

Throughout the year the aquatic department will schedule special programs, such as Red Cross Lifeguard Training (LGT), Water Safety Instructor (WSI) courses, stroke technique clinics, snorkeling and SCUBA diving, pool parties, and a variety of safety training workshops based on the needs and requests of our LifeStyles members. Watch the flyer racks, the rolling screen at the cardio-theater area and the bulletin boards for information on upcoming pool events and classes.