

# GreatLIFE Central Therapy Pool

(Ramp & Step Entry, 3 1/2' Deep,  
Temperature 92 degrees)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL OPENS AT 6:00am (mon-fri)							
Morning	Aqua Tone 6:15a-7:00a Richard	Aqua Tone 6:15a-7:00a Richard	Aqua Tone 6:15a-7:00a Richard	Aqua Tone 6:15a-7:00a Richard	Aqua Tone 6:15a-7:00a Richard	pool opens 7:30am (sat)	
	Open Swim 7:00a - 7:30p	Open Swim 7:00a-1:00p	Open Swim 7:00a - 7:30p	Open Swim 7:00a-1:00p	Open Swim 7:00a - 7:30p	Open Swim 7:30a-9:00a	
						Swimming Lessons 9:00a-11:15a	pool opens 11:30am (sun)
Afternoon	Open Swim 7:00a - 7:30p	AquaTONE 1:00p-1:45p Ann	Open Swim 7:00a - 7:30p	AquaTONE 1:00p-1:45p Ann	Open Swim 7:00a - 7:30p	Open Swim 11:15a-1:30p	Open Swim 11:30a-3:30p
		Open Swim 1:45p-7:30p		Open Swim 1:45p-7:30p		pool closes 1:30pm (sat)	
	Open Swim 1:45p-7:30p	Open Swim 1:45p-7:30p	Open Swim 1:45p-7:30p	Open Swim 1:45p-7:30p	Open Swim 1:45p-7:30p	pool closes 3:30pm (sun)	
POOL CLOSSES AT 7:30pm (mon-fri)							

**\$5 and \$10 Fitness Only memberships DO NOT include Group Exercise Classes**

# GreatLIFE Central Lap Pool

(Step/Ladder Entry, 4-10' Deep, 33 laps=1 mile,  
Temperature 82 degrees)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL OPENS AT 6:00am (mon-fri)						At least	
ONE LAP LANE will be open during pool hours except during Shawnee Heights Swim Team Practice.						pool opens 7:30am (sat)	pool opens 11:30am (sun)
Morning	Lap Swim 6:00a-8:30a	H2o GO (starting 9/15/2020)	Lap Swim 6:00a-8:30a	Aqua Jam (starting 9/17/2020)	Lap Swim 6:00a-8:30a	Lap Swim 7:30a-10:30a 3 lanes	Lap Swim/ Open Swim 11:30a-3:30p
	AquatFIT 8:30a-9:15a Larry	8:30a-9:30a Sharlie	AquatFIT 8:30a-9:15a Larry	8:30a-9:30a Sharlie	AquatFIT 8:30a-9:15a Larry	Water Volleyball 10:30a-12:30p	
	Afternoon	Lap Swim 9:15a-3:00p	Water Volleyball 9:30a-11:30a	Lap Swim 9:15a-3:00p	Water Volleyball 9:30a-11:30a	Lap Swim 9:15a-3:00p	Lap Swim Open Swim 12:30p- 1:30p
Lap Swim/ Open Swim 6:00a-6:30p			Lap Swim/ Open Swim 6:00a-6:00p		pool closes 1:30pm (sat)		pool closes 3:30pm (sun)
Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21		Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21	Group Exercise Schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>
AquaFIT 5:30p-6:15p Phelica	AquaFIT 5:30p-6:15p Phelica		AquaFIT 5:30p-6:15p Phelica				
AquaJAM (starting 9/14/2020) 6:30p-7:30p Sharlie		AquaHIIT (starting 9/16/2020) 6:30p-7:30p Sharlie	H2o GO (starting 9/17/2020) 6:30p-7:30p Sharlie				
POOL CLOSSES AT 7:30pm (mon-fri)							

**225 SW 12th Street  
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last update 8/1/20