





Seven Hills Recreation Center

2018 WINTER/SPRING POOL SCHEDULE

January 2nd through May 31st

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>12 - 5:45 PM</u> Open/Lap Swim</p> 	<p><u>5:30 AM - 4:45 PM</u> Open/Lap Swim</p> <p><u>5:00 - 7:00 PM</u> Learn-To-Swim (No Open/Lap Swim)</p> <p><u>7:00 - 8:45 PM</u> Open/Lap Swim</p>	<p><u>5:30 AM-8:45 PM</u> Open/Lap Swim</p> <p><u>**6:00 - 7:00 PM</u> Lap Lanes May Not Be Available During Water Aerobics. The Features Area of the Pool Will Be Open.</p>	<p><u>5:30 AM - 4:45 PM</u> Open/Lap Swim</p> <p><u>5:00 - 7:00 PM</u> Learn-To-Swim (No Open/Lap Swim)</p> <p><u>7:00 - 8:45 PM</u> Open/Lap Swim</p>	<p><u>5:30 AM-8:45 PM</u> Open/Lap Swim</p> <p><u>**6:00 - 7:00 PM</u> Lap Lanes May Not Be Available During Water Aerobics. The Features Area of the Pool Will Be Open.</p>	<p><u>5:30 AM - 8:45 PM</u> Open/Lap Swim</p> 	<p><u>8:00 - 9:45 AM</u> Open/Lap Swim</p> <p><u>10:00 - 12:00 PM</u> Learn-To-Swim (No Open/Lap Swim)</p> <p><u>12:00 - 7:45 pm</u> Open/Lap Swim</p>
<p><u>WATER AEROBICS CLASSES</u></p> <ul style="list-style-type: none"> • <u>Cardio & Toning W/ Leigh:</u> Tuesday & Thursday (6:00 - 7:00 PM)** **Due to Large Class size, Lap Lanes May <u>NOT</u> Be Available • <u>Low Impact W/ Leigh M/W & Renee on Fri:</u> Monday, Wednesday, & Friday (9:00 - 9:45 AM) • <u>Arthritis Class:</u> Monday, Wednesday, & Friday (10:00 - 10:45 AM) • <u>Aqua Barre W/ Katie:</u> Monday (7:45 - 8:45 PM) 				<p><u>IMPORTANT NOTES</u></p> <ul style="list-style-type: none"> • Due to programming and rentals, <i>THIS POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.</i> • <u>OUR #1 Priority</u> is your safety. • <u>ALL AQUATIC FACILITY RULES MUST BE FOLLOWED OR YOUR AQUATIC PRIVILEGES MAY BE REVOKED.</u> • The pool may close due to inclement weather, a power outage, or if there are other maintenance issues without notice. • Please ask the pool staff any time during open swim if you would like the features or slide on. • During any of the water aerobics classes, the slide may be turned on at any time, but not the features. 		
<p><u>AFTER CARE</u></p> <p>Thursday from 3:30 - 5:30 pm</p>						

Contact Mike (The Aquatics Supervisor) with questions at 216-524-6262 ext. 404 or mgallagher@sevenhillsohio.org.

Go to www.sevenhillsohio.org to check out our recreation and aquatics programs.