

**Schedule Effective  
June 10-August 23, 2024**

# MULTI- USE POOL

<i>Water Temp: 82° / 130,000 gal.</i>		<b>PHONE- 751-4100</b>				<b>(#) = Availability of lanes</b>	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00-8:00 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-6:30 Lap Swim (6)	Opens @ 7:00	Opens @ 7:00
					6:30-8:00 Swim Team (5) Lap Swim (1)		
8:00	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	7:00-2:00 Lap Swim (6)	7:00-2:00 Lap Swim (6)
9:00	9:00-11:00 Swim America Swim Lessons (6)				9:00-11:00 Lap Swim (4) Private lessons(1) Physical Ther. (1)		
11:00	11:00-12:00 Hydro Fit (3) Private lessons(2) Physical Ther. (1)	11:00-12:00 Group lessons(1) Private lessons(2) Physical Ther. (3)	11:00-12:00 Hydro Fit (3) Private lessons(2) Physical Ther. (1)	11:00-12:00 Group lessons(1) Private lessons(2) Physical Ther. (3)	11:00-12:00 Hydro Fit (4) Private lessons(1) Physical Ther. (1)		
Noon	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	2:00-6:00 Lap Swim (6) <i>*when we hire more lifeguards we will bring back Saturday afternoon open swims.</i>	2:00-6:00 Open Swim (5) Lap Swim (1)
	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)		
1:15	2:00-3:30 Open Swim (6)				2:00-8:45 Lap Swim (6) Close @ 8:45 <i>*when we hire more lifeguards we will bring back Friday afternoon and Saturday afternoon open swims.</i>	6:00-6:45 Lap Swim (6)  Close @ 6:45	6:00-6:45 Lap Swim (6)  Close @ 6:45
3:45	3:45-5:30 Swim Team (6)	3:45-5:30 Swim Team (6)	3:45-5:30 Swim Team (6)	3:45-5:30 Swim Team (6)			
5:30	5:30-6:00 Lap Swim(6)	5:30-8:45 Lap Swim (6)	5:30-6:00 Lap Swim(6)	5:30-7:30 Lap Swim (6)			
6:00	6:00-6:30 Lap Swim (3) Lessons (3)		6:00-6:30 Lap Swim (3) Lessons (3)				
6:30	6:30-8:00 Open Swim (3) Lessons (3)		6:30-8:00 Open Swim (3) Lessons (3)				
8:00	8:00-8:45 Lap Swim (6) Close @ 8:45		8:00-8:45 Lap Swim (6) Close @ 8:45		8:00-8:45 Lap Swim (6) Close @ 8:45		

**PLANNED SCHEDULE CHANGES ON BACK**

## SUMMER PLANNED POOL SCHEDULE CHANGES 2024

- \*Aqua Zumba and Water Tai Chi, Adult Swim Workout will return in September.
- \*Morning and evening lessons start 6/10/24
- \*Swim team Splash Camp 8/5-8/8 4:00pm-5:30pm
- \*Fall swimming lessons sign ups
  - Members only: Tuesday, August 13<sup>th</sup> at 0900
  - Non-members: Thursday, August 15<sup>th</sup> at 0900
- \*Annual Pool Closure for cleaning August 24<sup>th</sup>- Sept 3<sup>rd</sup>
- \*Swim Team Camp Sept 21-22

**Showers Policy will be enforced. PLEASE take a Cleansing Shower before entering pool or spa.**

**\*NO CELL PHONE USE IN HOT TUB**

### Pool Programming Descriptions:

**Lap swim:** Available for swimmers 14 yrs. and older. Private swimming lessons may occur during lap swim times. Please share lanes and circle swim up to 6 swimmers per lane is common pool etiquette.

**Open Swim:** Family and children swim time with lifeguard on duty. See pool age guidelines for specifics. This is the only time children 13 and younger can use the pool. Special groups and days with no school per district 5 calendar will have added open swim times, check here for those dates.

**Hydrofit:** Instructor led pool workouts with upbeat music for all fitness levels, ages 14 and up. May adapt workout to match your level easily. No pre-registration required, free to members.

**Private swim lessons:** Instructor lead pre-arranged 1:1 swim lesson. May occur during lap swim time as well.

**Swim Lessons:** Children's group swimming lessons with instructors. Pre-registration required. See website for more information.

**Physical Therapy:** Time designated for outpatient physical therapists to do patient treatments in the water.

**Swim Team:** We support our valley club swim team Glacier Aquatic Club and Flathead high school and Glacier high school swim teams. They hold daily swim team practices and host meets. Thank you for your support of these programs.

**Download the App for up-to-date class schedule changes & more.**



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