

### 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 Zumba<br>Leisure Pool<br>9:30-10:15am  |  | Aqua Zumba<br>Leisure Pool<br>9:30-10:15am |  |  |  |   |
| 10:30 AM |   | Aqua Rx<br>Leisure Pool<br>10:30-11:15am |  | Aqua Deep<br>Leisure Pool<br>10:30-11:15am | Aqua Rx<br>Leisure Pool<br>10:30-11:15am |  |   |
| 11:00 AM | Adult Lap Swim/Exercise/Recreation (L/E/R) 11:00am-3:30pm   |  |  |  |  | Group Swim Lessons<br>9:15am-12pm  | Aqua Zumba<br>Leisure Pool<br>11:30-12:15pm               |
|          | Family Open Swim (FOS) Leisure Pool 3:00pm – 5:30pm   |  |  |  |  |  | Red Cross LG, WSI Courses<br>(dates/times vary)           |
| 3:30 PM  | Stow Munroe Falls Swim Team Practice (6 Lanes) M-F 3:30pm-5:30pm<br>(Lap Pool unavailable at this time) |  |  |  |  |  |   |
| 4:30 PM  | Red Cross LGT, WSI, CSL and Adult LAP Swim (L/E/R)  |  |  |  |  | Red Cross LG, WSI Courses<br>(dates/times vary)  | Group Swim Lessons<br>12pm-4:30pm                         |
|          | Adult Lessons<br>7:45pm-8:30pm  | Swim Lessons<br>4:30pm-7:30pm            | Swim Lessons<br>4:30pm-8:30pm              |  |  |  |   |
| 6:00 PM  | Masters Swim<br>(4 Lanes)<br>6-7:30pm   | SEALS<br>(1-3 Lanes)<br>6-7pm            | Masters Swim<br>(4 Lanes)<br>6-7:30pm      | SEALS<br>(1-3 Lanes)<br>6-7pm              |  | CENTER CLOSES AT 6 PM  |   |
| 6:30 PM  | Arthritis<br>Therapy Pool<br>6:30-7:15pm  |  | Arthritis<br>Therapy Pool<br>6:30-7:15pm   | AquaFIT<br>Leisure Pool<br>6:30-7:15pm     |  | <b>Yellow Areas = Dependent Hours</b><br><b>Blue Areas = Group Exercise Classes</b><br>L/E/R = Adult Lap Exercise and Recreation<br>C.S.L. = Children's Swim Lessons<br>LGT = Lifeguard Class<br>WSI = Water Safety Instructor Course<br><br>See back of schedule for more descriptions. |   |
|          | Family Open Swim * Lap Swim (L/E/R) 7:00pm-10:00pm  |  |  |  |  |  |   |
| 7:00 PM  |   | AquaFIT<br>Leisure Pool<br>7:00-7:45pm   |  |  |  |  |   |
| 7:30 PM  | Arthritis<br>Therapy Pool<br>7:30-8:15pm  |  | Arthritis<br>Therapy Pool<br>7:30-8:15pm   |  |  |  |   |
| 10:00 PM | CENTER CLOSES AT 10:00 PM   |  |  |  |  |  |   |

Schedule Dates: January 2, 2025 through February 28, 2025

Rev. 1-17-24

\*Swim Team practices October through February

# 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.