

WOODLAKE POOL SCHEDULE

May - August

ONLY adult lap swimming allowed during Aqua Aerobics!

Time	Monday	Tuesday	Wednesday	Thursday
5:00am	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM
6:00am				
7:00am				
8:00am	AQUA AEROBICS			
9:00am	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS
		9:15-10:15		9:15-10:15
10:00am	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM
11:00am				
NOON				
1:00pm				
2:00pm				
3:00pm				
4:00pm				
5:00pm				
6:00pm		AQUA AEROBICS		AQUA AEROBICS
7:00pm		ADULT SWIM		ADULT SWIM
8:00pm				
9:00pm				
10:00pm				


FAMILY SWIM is a designated time for kids and families to come in and enjoy the pool. Please note there is NO LIFEGUARD on duty and kids under 14 Kids that are NOT potty trained must be in a swim diaper.
Lap swimmers, be aware that families will be in the pool.


AQUA AEROBICS is led by a group fitness instructor and is meant for anyone 14 years and older. Classes are as easy or challenging as you make it, so all skill levels are welcome. ONLY adult lap swimming is allowed during Aqua Aerobics.

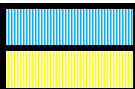
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 **ADULT SWIM** is a designated time when only members 14 and OLDER can be in the

 **LESSONS** are led by our Swim Team Lead Michaela Beck. Contact her at Michaela.B@glc.com.au
Lessons will be taking place throughout the year. Please respect the pool when lessons are in session. When lessons are in session, the pool is **CLOSED** to the public. Please ask the Member Support team if you have any question

 **PHYSICAL THERAPY** is led by a Physical Therapist from Orthopedic Institute. These sessions are for members only. Please be mindful of the people around you that may be receiving



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Friday	Saturday	Sunday
ADULT SWIM		
	ADULT SWIM	ADULT SWIM
AQUA AEROBICS	AQUA AEROBICS	
AQUA AEROBICS	FAMILY SWIM	FAMILY SWIM
FAMILY SWIM		
		LESSONS

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must have an adult with them at all times.

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els are welcome.

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