



# WOODLAKE POOL SCHEDULE


September - December


ONLY adult lap swimming allowed during Aqua Aerobics!


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM		
6:00am							
7:00am						ADULT SWIM	ADULT SWIM
8:00am	AQUA AEROBICS				AQUA AEROBICS	AQUA AEROBICS	
9:00am	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	FAMILY SWIM	FAMILY SWIM
10:00am	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM		
11:00am							
NOON							
1:00pm							
2:00pm							
3:00pm							LESSONS
4:00pm							
5:00pm							
6:00pm				AQUA AEROBICS			
7:00pm		ADULT SWIM		ADULT SWIM			FAMILY 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 LIFEGAUARD on duty and kids under 14 must have an adult with them at all times. 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 or 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.

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

 **LESSONS** are led by our Swim Team Lead Michaela Beck. Contact her at Michaela.Beck@joingreatlife.com for questions. Lessons will be taking place throughout the year. Please respect the instructors that are teaching. When lessons are in session, the pool is **CLOSED** to the public. If lessons are NOT in session, the pool is open for Family Swim. Please ask the Member Support team if you have any questions.

 **PHYSICAL THERAPY** is led by a Physical Therapist from Orthopedic Institute. These are times that they may have patients in the water. Please be mindful of the people around you that may be receiving therapy.

