



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim Only</b> 5 - 7am 4 Lap Lanes Available	<b>Lap Swim Only</b> 5 - 8am 4 Lap Lanes Available	<b>Lap Swim Only</b> 5 - 8am 4 Lap Lanes Available	<b>Lap Swim Only</b> 5 - 8am 4 Lap Lanes Available	<b>Lap Swim Only</b> 5 - 8am 4 Lap Lanes Available	<b>Lap Swim Only</b> 7 - 7:45am 4 Lap Lanes Available
<b>Stationary &amp; Walkers Only in Lane 4</b> 7 - 7:50am 3 Lap Lanes Available	<b>Stationary &amp; Walkers Only in Lane 4</b> 8 - 8:50am 3 Lap Lanes Available	<b>Stationary &amp; Walkers Only in Lane 4</b> 8 - 8:50am 3 Lap Lanes Available	<b>Stationary &amp; Walkers Only in Lane 4</b> 8 - 8:50am 3 Lap Lanes Available	<b>Stationary &amp; Walkers Only in Lane 4</b> 8 - 8:50am 3 Lap Lanes Available	<b>Stationary &amp; Walkers Only in Lane 4</b> 7:45 - 8:20am 3 Lap Lanes Available
<b>Pyramid H2O</b> 8 - 8:45am 0 Lap Lanes Available		<b>Warm Water Flow</b> 8 - 8:45am			<b>Water in Motion</b> 8:30 - 9:30am 0 Lap Lanes Available
<b>Pyramid H2O</b> 9 - 9:45am 0 Lap Lanes Available	<b>Water in Motion</b> 9 - 10am 0 Lap Lanes Available	<b>Pyramid H2O</b> 9 - 9:45am 0 Lap Lanes Available	<b>Water in Motion</b> 9 - 10am 0 Lap Lanes Available	<b>Water in Motion</b> 9 - 10am 0 Lap Lanes Available	
<b>Joint Venture</b> 10 - 10:45am		<b>Joint Venture</b> 10 - 10:45am			
<b>Lap Swim Only</b> 10 - 11am 4 Lap Lanes Available	<b>WIM Strength</b> 10:15 - 11am 0 Lap Lanes Available	<b>Lap Swim Only</b> 10 - 11am 4 Lap Lanes Available	<b>WIM Strength</b> 10:15 - 11am 0 Lap Lanes Available	<b>Lap Swim Only</b> 10:15 - 11:15am 4 Lap Lanes Available	
<b>Joint Venture</b> 10:45 - 11:30am	<b>Lap Swim Only</b> 11:15am - 12:15pm 4 Lap Lanes Available	<b>Joint Venture</b> 10:45 - 11:30am	<b>Lap Swim Only</b> 11:15am - 12:15pm 4 Lap Lanes Available		
<b>Neuro H2O</b> 11:30am - 12:30pm	<b>Neuro H2O</b> 12 - 12:45pm	<b>Neuro H2O</b> 11:30am - 12:30pm	<b>Neuro H2O</b> 12 - 12:45pm		
<b>Joint Venture II</b> 12:30 - 1:15pm	<b>Joint Venture</b> 12:50 - 1:35pm	<b>Joint Venture II</b> 12:30 - 1:15pm	<b>Joint Venture</b> 12:50 - 1:35pm		
<b>Joint Venture</b> 1:15 - 1:55pm		<b>Joint Venture</b> 1:15 - 1:55pm			
<b>WIM Strength</b> 5:45 - 6:30pm 1 Lap Lane Available		<b>Pyramid H2O</b> 5:45 - 6:30pm 1 Lap Lane Available			

**Class Location**

- Therapy
- Lap

The pool is open for lap swimming anytime **except** during the classes in the schedule above. During some classes 1 lane will remain open for lap swimming, check the schedule for details.

Lap lanes are open to lap swimmers up to 10 minutes before the start of class.

In the event that the pools will be unavailable at times not listed above, additional communication will be provided.

For more information or to participate in a program listed above, contact Sarah: [SStrefling@BeaconHealthSystem.org](mailto:SStrefling@BeaconHealthSystem.org) or 574.647.2654.



Elkhart | Granger | Three Rivers  
[BeaconHealthAndFitness.org](http://BeaconHealthAndFitness.org)