


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim Only 5 - 7 a.m. 4 Lap Lanes Available	Lap Swim Only 5 - 8 a.m. 4 Lap Lanes Available	Lap Swim Only 5 - 8 a.m. 4 Lap Lanes Available	Lap Swim Only 5 - 8 a.m. 4 Lap Lanes Available	Lap Swim Only 5 - 8 a.m. 4 Lap Lanes Available	Lap Swim Only 7 - 7:45 a.m. 4 Lap Lanes Available
Stationary & Walkers Only in Lane 4 7 - 7:50 a.m. 3 Lap Lanes Available	Stationary & Walkers Only in Lane 4 8 - 8:50 a.m. 3 Lap Lanes Available	Stationary & Walkers Only in Lane 4 8 - 8:50 a.m. 3 Lap Lanes Available	Stationary & Walkers Only in Lane 4 8 - 8:50 a.m. 3 Lap Lanes Available	Stationary & Walkers Only in Lane 4 8 - 8:50 a.m. 3 Lap Lanes Available	Stationary & Walkers Only in Lane 4 7:45 - 8:20 a.m. 3 Lap Lanes Available
Pyramid H2O 8 - 8:45 a.m. 0 Lap Lanes Available		Warm Water Strength & Balance 8 - 8:45am			Water in Motion 8:30 - 9:30 a.m. 0 Lap Lanes Available
Pyramid H2O 9 - 9:45 a.m. 0 Lap Lanes Available	Water in Motion 9 - 10 a.m. 0 Lap Lanes Available	Pyramid H2O 9 - 9:45 a.m. 0 Lap Lanes Available	Water in Motion 9 - 10 a.m. 0 Lap Lanes Available	Water in Motion 9 - 10 a.m. 0 Lap Lanes Available	
Joint Venture 10 - 10:45 a.m.		Joint Venture 10 - 10:45 a.m.			
Lap Swim Only 10 - 11 a.m. 4 Lap Lanes Available	WIM Strength 10:15 - 11 a.m. 0 Lap Lanes Available	Lap Swim Only 10 - 11 a.m. 4 Lap Lanes Available	Aqua Zumba 10:15 - 11 a.m. 0 Lap Lanes Available	Lap Swim Only 10:15 - 11:15 a.m. 4 Lap Lanes Available	
Joint Venture 10:45 - 11:30 a.m.	Lap Swim Only 11:15 a.m. - 12:15 p.m. 4 Lap Lanes Available	Joint Venture 10:45 - 11:30 a.m.	Lap Swim Only 11:15 a.m. - 12:15 p.m. 4 Lap Lanes Available		
Neuro H2O 11:30 a.m. - 12:30pm	Neuro H2O 12 - 12:45pm	Neuro H2O 11:30 a.m. - 12:30 p.m.	Neuro H2O 12 - 12:45 p.m.		
Joint Venture II 12:30 - 1:15 p.m.	Joint Venture 12:50 - 1:35 p.m.	Joint Venture II 12:30 - 1:15 p.m.	Joint Venture 12:50 - 1:35 p.m.		
Joint Venture 1:15 - 1:55 p.m.		Joint Venture 1:15 - 1:55 p.m.			
WIM Strength 5:45 - 6:30 p.m. 0 Lap Lanes Available		Aqua Cardio + Strength 5:45 - 6:30 p.m. 0 Lap Lanes Available			

### Class Location

 Therapy Pool

 Lap Pool

 No lap swimming,  
group class only

The pool is open for lap swimming anytime **except** during the classes in the lap pool; see the schedule above.

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:ssstrefling@beaconhealthsystem.org) or 574.647.2654.

[beaconhealthandfitness.org](http://beaconhealthandfitness.org)