

CHELSEY PARK HEALTH CLUB

POOL SCHEDULE

(519) 432-8504

Office Hours 7 am – 4 pm Monday-Friday

WINTER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 Rec. Swim	7:00 Rec. Swim	7:00 Rec. Swim	7:00 Rec. Swim	7:00 Rec. Swim	
7:45 Aquafit (40 min)	7:45 Aquafit (40 min)	7:45 Aquafit (40 min)	7:45 Aquafit (40 min)	7:45 Aquafit (40 min)	8:00 Swim Lessons
8:30 Beg. Aquafit (40 min)	8:30 Beg. Aquafit (40 min)	8:30 Beg. Aquafit (40 min)	8:30 Beg. Aquafit (40 min)	8:30 Beg. Aquafit (40 min)	Swim Lessons
9:20 Joint Fit (40 min)	9:20 Joint Fit (40 min)	9:20 Joint Fit (40 min)	9:20 Joint Fit (40 min)	9:20 Joint Fit (40 min)	Swim Lessons
10:00 Joint Fit (30min)	10:00 Rec. Swim	10:00 Rental (Meridian)	10:00 Rec. Swim	10:00 Joint Fit (30 min)	Swim Lessons
10:30 Rec.Swim	10:30 Rec. Swim	11:00 Rec. Swim	11:00 Parent & Tot Swim	10:30 Rec. Swim	Swim Lessons
11:00 Rec. Swim	11:00 Rec. Swim	11:30 Rec. Swim	12:00 Rec. Swim	11:30 Rec. Swim	Swim Lessons
12:00 Rental (New Physio Group)	12:00 Rec. Swim	12:30 Rec. Swim	12:30 Rec. Swim	12:30 Rec. Swim	12:05 Aquafit
1:00 Aquafit (30 min)	1:00 Rec. Swim	1:00 Aquafit (30 min)	1:00 Rec. Swim	1:00 Aquafit (30 min)	12:35 Rec Swim
1:45 Beg. Aquafit (30 min)	1:30 Joint Fit (30 min)	1:45 Beg. Aquafit (30 min)	1:30 Rental (New Frontiers)	1:45 Beg. Aquafit (30 min)	1:00 Swim Lessons
2:20 Joint Fit (30 min)	2:30 Rental (CBI PHYSIO)	2:20 Assisted Swim	2:35 Joint Fit (30 min)	2:20 Joint Fit (30 min)	Swim Lessons
3:00 Rec. Swim	3:00 Rental (CBI PHYSIO)	3:00 Rec. Swim	3:05 Rec. Swim	3:00 Rec. Swim	Swim Lessons
3.30 Swim Lessons	3:30 Swim Lessons	3:30 Swim Lessons	3:30 Swim Lessons	3.30 Swim Lessons	Swim Lessons
8:00 Closed	8:00 Closed	8:00 Closed	8:00 Closed	8:00 Closed	3:30 Closed

- ***MAXIMUM OF 12 PARTICIPANTS PER CLASS***



LAND CLASS SCHEDULE

2017

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 A.M					
9:15-10:00					
10:15-10:45	FUN & FITNESS (Auditorium)	FUN & FITNESS (Auditorium)		FUN & FITNESS (Auditorium)	FUN & FITNESS (Auditorium)
11:00-11:30		Chair Yoga (Auditorium)		Chair Yoga (Auditorium)	
12:00-1:00					
1:00-2:00					
2:00-3:00					

