

# Brecksville Indoor Pool Schedule

## January 29, 2012 - February 18, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Pool	<p>10:00am - 12:00pm Lap Swim</p> <p>12:00pm - 5:00pm Open Swim</p>	<p>6:00am - 9:00am Lap Swim</p> <p>9:00am-3:00pm Open Swim</p> <p style="text-align: center;">↓</p> <p>3:00pm - 5:00pm BBHHS Swim Team <i>(Pool Closed)</i></p> <p>5:00pm - 6:30pm Open Swim</p> <p>6:00pm - 7:30pm Competitive Swim Clinic <i>(3 Lanes &amp; Diving Board CLOSED)</i></p> <p>7:30pm - 9:00pm Open Swim</p> <p>9:00pm - 9:50pm Lap Swim</p>	<p>6:00am - 9:00am Lap Swim</p> <p>9:00am - 10:00am Water Exercise TNT <i>(2 Lanes Open)</i></p> <p>10:00am - 3:00pm Open Swim</p> <p style="text-align: center;">↓</p> <p>3:00pm - 5:00pm High School Swim Team <i>(Pool Closed)</i></p> <p>5:00pm - 6:00pm Learn to Swim <i>Pool Closed</i></p> <p>6:00pm - 7:00pm Open Swim</p> <p>7:00pm - 9:00pm Synchro Swim Team <i>(1 Lap &amp; Shallow Open)</i></p> <p>9:00pm - 9:50pm Lap Swim</p>	<p>6:00am - 9:00am Lap Swim</p> <p>9:00am - 10:00am Water Exercise TNT <i>(2 Lanes Open)</i></p> <p>10:00am - 3:00pm Open Swim</p> <p>3:00pm - 5:00pm High School Swim Team <i>(Pool Closed)</i></p> <p>5:00pm - 6:30pm Open Swim</p> <p>6:00pm - 7:30pm Competitive Swim Clinic <i>(3 Lanes &amp; Diving Board CLOSED)</i></p> <p>7:30pm - 9:00pm Open Swim</p> <p>9:00pm - 9:50pm Lap Swim</p>	<p>6:00am - 9:00am Lap Swim</p> <p>9:00am - 10:00am Water Exercise TNT <i>(2 Lanes Open)</i></p> <p>10:00am-3:00pm Open Swim</p> <p style="text-align: center;">↓</p> <p>3:00pm - 5:00pm High School Swim Team <i>(Pool Closed)</i></p> <p>5:00pm - 6:00pm Learn to Swim <i>Pool Closed</i></p> <p>6:00pm - 7:00pm <i>Shallow Closed</i></p> <p>7:00pm - 9:00pm Synchro Swim Team <i>(1 Lap &amp; Shallow Open)</i></p> <p>9:00pm - 9:50pm Lap Swim</p>	<p>6:00am - 9:00am Lap Swim</p> <p>9:00am - 3:00pm Open Swim</p> <p style="text-align: center;">↓</p> <p>3:00pm - 5:00pm High School Swim Team <i>(Pool Closed)</i></p> <p>5:00pm - 9:00pm Open Swim</p> <p style="text-align: center;">↓</p> <p>9:00pm - 9:50pm Lap Swim</p>	<p>8:00am - 10:30am Lap Swim</p> <p>10:30am - 12:00pm Competitive Swim Clinic <i>(3 Lanes &amp; Board Closed)</i></p> <p>12:00pm - 2:30pm Open Swim</p> <p style="color: blue;">2:30pm - 4:00pm SCUBA Diving <i>(2 Lanes Closed)</i></p> <p>4:00pm - 7:50pm Open Swim</p>

**Special Notes:**

**SCUBA Diving: 2 lanes will be closed for SCUBA diving. A 3rd lane will be added for lap swimmer based on need. When the 3rd lane is in, the diving board is CLOSED**

**Monday, February 20th: President's Day. The Community Center will be open from 10:00am - 5:00pm. Human Services Center is CLOSED.**

Pool Schedule subject to Change

**Incllement Weather**

Please note the swimming pool and spa will close for 30 minutes with active lightening and/or thunder.

Community Center Front Desk Phone Number: (440)546-2300

## Brecksville Indoor Pool Schedule

### Definition of Terms

<b>Adult Swim Lessons</b>	Adult swimming lessons meet the need of the general public. This class is tailored to every individual's needs and everyone will be progressed in the water according to their abilities. All areas will be covered from water exploration to stroke development.
<b>Get In Synch</b>	A "pre-season" synchronized swimming experience for ages 7 - 18 years old. Children will have fun while learning the basic synchronized swim skills. Children will perform a holiday show at the end of the session. Please see the brochure for more information.
<b>Lap Swim</b>	During lap swim there are four lap lanes available for lap swimming. In addition the last two sections of the pool are left open for other forms of water exercise (i.e. Water jogging)
<b>Open Swim</b>	During open swim there are no scheduled programs or sections of the pool closed off unless otherwise noted. During open swim there are two lap lanes available for lap swimming.
<b>Synchronized Swim Team</b>	The Brecksville Blue Dolphins competitive synchronized swim team works on developing swimmers' synchronized skills and helps them develop figures and routines that are used in competition. Teams form in August for the following year. For more information please call (440) 546-2318. During synchro swim practice the deep end, diving board, and one lane are closed unless otherwise noted.
<b>Learn-to-Swim</b> (Preschool, Kids -N- Company )	The purpose of the American Red Cross Learn to Swim program is to teach individuals how to be safe in, on, and around the water. Participants are taught fundamental swimming skills and basic rescue techniques. Classes are offered at varying times throughout the year. To find out when the next offering of classes are please pick up an "Aquatics" brochure. During Learn to Swim classes the entire pool is closed unless otherwise stated.
<b>Competitive Swim Instruction</b>	This is an extension of the Learn to Swim program. It is designed for children ages 7 - 13 years old to develop competitive swim techniques and endurance. The program requires participants to continuously swim laps. Participants should be able to swim a minimum of ten continuous laps before registering. Please see the "Aquatics" brochure for more information.
<b>Water Exercise TNT</b>	Water Exercise TNT was developed to help individuals achieve their personal fitness goals. This class is geared for participants of all ages and fitness levels. Varied exercises and repetitions allow participants to customize the workout to fit their needs. There is a high concentration on cardiovascular endurance and strength training with little to no impact on the joints. Participants will use a variety of equipment including float belts, noodles, stretch cords, and barbells. Come for the workout but stay for the fun, and put some TNT back into your fitness regimen.