

GYM SCHEDULE

June 1 - 8, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5am - 11am Open Gym	5am-11am Open Gym	5am-9:45am Open Gym	5am-11am Open Gym	5am-11am Open Gym	7am-3:45pm Open Gym
	11am-12pm CLOSED: Program	11am-12pm CLOSED: Program		11am-12pm CLOSED: Program	11am-12pm CLOSED: Program	
	12pm-8:45pm Open Gym	12pm-4:45pm Open Gym	9:45am-12:15pm CLOSED: Program	12:15-5:15pm Open Gym	12pm-5:15pm Open Gym	
					12pm-8:45pm Open Gym	
		4:45pm-8:45pm Open Gym	5:15pm-7:30pm Open Gym	5:15pm - 7:30pm Open Gym		
			7:30-8:45pm Open Gym	7:30pm-8:45pm Open Gym		

Age Policy: Youth under 12 must be accompanied by an adult while in the facility at all times.

Summer Day Camp has priority of open gym times during inclement weather

Open Gym: Open shooting and pick up games for all members.

Players must bring their own ball. Open gym usage must also observe the age policy.

Shaded Areas: Indicates program use and the gym is unavailable. Registration required to participate.

Central GROUP EXERCISE

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Small Group HIIT Circuit \$8/class <i>Training Studio</i> 8:00 AM Katie			TRX 7:00 AM Beth		
SilverSneakers Classic 8:00 AM Brenda	SilverSneakers Balance & Stability 8:00 AM Gail	SilverSneakers Yoga 8:00 AM Sally		SilverSneakers Classic 8:00 AM Brenda	Turbokick/Piyo 8:30AM Janie
Cycle 9:00 AM Lisa P.	Strength & Conditioning 9:00 AM Katie	TRX Combo 9:00 AM Deanna	Strength & Mobility 9:00 AM Katie	Cycle 9:00 AM Deanna	
*Small Group HIIT Circuit \$8/class <i>Training Studio</i> 9:30 AM Katie		Zumba (MPR) 9:00 AM Chrissy		Zumba (MPR) 9:00 AM Chrissy	
Outdoor HIIT 9:00 AM Lisa B.	Basic TRX 10:15 AM Gail	Yoga 10:00 AM Deanna	SilverSneakers Balance & Stability 10:15 AM Gail	Pilates 10:00 AM Joy	
Tai Chi 10:00 AM Jenny					
SilverSneakers Classic 11:15 AM Jenny	SilverSneakers Intro to Balance & Stability 11:15 AM Jan	SilverSneakers Yoga 11:15 AM Carol	SilverSneakers Yoga 11:15 AM Carol	SilverSneakers Classic 11:15 AM Sally	
SilverSneakers Circuit 12:15 PM Jan		SilverSneakers Circuit 12:15 PM Jan	Restorative Yoga 4:15 PM Lynn	SilverSneakers Circuit 12:15 PM Sally	
Zumba 5:15 PM Maria	Chair Yoga 4:30 PM Suzanne		Dance Fitness 5:15 PM Janie		
Pilates 6:15 PM Suzanne	Zumba 5:30 PM Janie	Yoga 5:30 PM Suzanne	Self-Defense (MPR) 5:30 PM Tony		
	Strength & Conditioning 6:30 PM TR	Stretching Class 6:20 PM Suzanne	Strength Training 6:15 PM Barbara		

MAIN (Lap) POOL SCHEDULE

June 1-30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	7:15-8:15am Teen & Adult Lap
	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	8:15-9:00am Water Fitness
	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:00-9:45am Aqua Zumba
	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-Noon Open Swim
	10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	10:45-2:00pm Adult Lap	10:45-11:30am Water Fitness	
	11:30-1:30pm Adult Lap		11:30-1:30pm Adult Lap	CLOSED: SAW Starting: 6/26th	11:30-6:00pm Adult Lap	Noon-1:00pm Teen & Adult Lap
	1:30-2:15pm Silver Sneakers Splash	1:30-2:15pm Silver Sneakers Splash	1:30-2:15pm Silver Sneakers Splash	1:30-2:30pm Open Swim		1:00-3:45pm Open Swim
	2:15-3:30pm Teen & Adult Lap	2:15-3:00 Teen & Adult Lap	2:15-3:30pm Teen & Adult Lap			
	3:30-5:00pm Closed: Swim Lessons	3:00-5:00pm Closed: Swim Lessons	3:30-5:00pm Closed: Swim Lessons			
	5:00-6:00pm Adult Lap	5:00-5:45pm Adult Lap	5:00-6:00pm Adult Lap	5:00-5:45pm Adult Lap		
	6:00-6:45pm Floating HIT	5:45-6:30pm Water Fitness	6:00-8:00pm Closed: Swim Lessons	5:45-6:30pm Water Fitness	6:00-8:00pm	
	6:45-7:30pm Floating Balance	6:30-8:30pm Closed: Synchro Clinic		6:30-8:30pm CLOSED: Synchro Clinic	Open Swim	
	7:45-8:45pm Adult Lap	8:30-8:45pm Adult Lap	8:00-8:45pm Adult Lap	8:00-8:45pm Adult Lap	8-8:45pm Adult Lap	

Updated: 5/9/25

Shaded Areas indicate registration is required, all other areas indicate space availability is on a first come basis.

Lap Swim: Lanes available on a first come basis. Please share lanes.

Family Swim: The pool will be divided shallow to deep. Parents must remain with their children.

Open Swim: The pool will be divided into shallow and deep. Open to all. Please see below for age guidelines.

For your safety:

Children under 6 years old must have a parent in the water within arm's reach for the duration of open swim.

Ages 6-9 must be accompanied by an adult in the water. After passing the swim test, an adult must remain in the pool area.

Ages 10-13 are allowed only in the shallow water until swim test is passed.

Flotation Devices must be Coast Guard approved.

Swim Test Policy: All children ages 13 and under must pass a safety swim test to swim in the deep area.

Lifeguards, at their discretion, can test others.

For Up to Date information on Open Swim, Family Swim and Lap Swim times,
visit our online calendar <https://www.lakecountymca.org/centralmainpoolschedule>

INSTRUCTIONAL (Small) POOL SCHEDULE					June 1-30th	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	9:00-Noon CLOSED: Program	9:00-Noon CLOSED: Program	9:00- Noon CLOSED: Program	9:00-11:00am CLOSED: Program	9:00-Noon CLOSED: Program	9:00-12:00pm Open Swim
	Noon-2pm Open Swim	Noon-2pm Open Swim	Noon-2:00pm Open Swim	11:00-2:00pm Open Swim	Noon-2:00pm Open Swim	CLOSED
	CLOSED	2:00-4:00pm Adult Open	CLOSED	CLOSED: SAW Starting: 6/26th 1:30-2:30pm 2:00-4:00pm Adult Open	CLOSED	1:00-3:45pm Open Swim
	4:00-5:00pm Open Swim	4:00-5:00pm Open Swim	4:00-5:00pm Open Swim	4:00-5:00pm Open Swim	4:00-5:00pm Open Swim	
	5:00-6:00pm Adult Open	5:00-7:00pm Closed: Swim Lessons	5:00-7:00pm Closed: Swim Lessons	5:00-6:00pm Adult Open	5:00-6:00pm Adult Open	
	6:00-8:45pm CLOSED	7:00-8:00pm Open Swim	7:00-8:00pm Open Swim	6:00-8:00pm Open Swim	6:00-8:00pm Open Swim	
		8:00-8:45pm CLOSED:	8:00-8:45pm CLOSED	8:00-8:45pm CLOSED	8-8:45pm CLOSED	

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