



# GLENARM RECREATION CENTER

FALL 2019, AUGUST 18 - NOVEMBER 23

**AQUA FITNESS SCHEDULE** (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua Zumba</b> 10:00 - 10:45 a.m.	<b>Aqua Aerobics</b> 9:00 - 10:00 a.m.	<b>Aqua Zumba</b> 10:00 - 10:45 a.m.	<b>Aqua Aerobics</b> 9:00 - 10:00 a.m.		

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b> <i>All Lap Lanes</i>	11:30 - 1:30 p.m.	6:00 - 9:15 a.m. 11:00 - 1:30 p.m.	11:30 - 1:30 p.m.	6:00 - 9:15 a.m. 11:00 - 1:30 p.m.	11:30 - 1:30 p.m.	9:30 - 12:00 p.m.
<b>Open Swim</b> <i>2 Lap Lanes</i>	1:30 - 4:45 p.m. 6:15 - 7:30 p.m.	1:30 - 4:45 p.m.	1:30 - 4:45 p.m. 6:15 - 7:30 p.m.	1:30 - 4:45 p.m.	1:30 - 6:30 p.m.	12:00 - 3:00 p.m.

## SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

**POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING**

### Fall Season Information

**Session I (08/25/19 - 09/21/19)**  
**Session II (09/29/19-10/26/19)**  
**Session II (11/03/19-12/07/19)**

**Registration Begins: 7/30/19**

### Monday/Wednesday

5:00 - 5:30 p.m. • Preschool (ages 3 - 5) • Level 3 (ages 5 - 17)  
 5:30 - 6:00 p.m. • Level 1, 2 (ages 5 - 17)

### Tuesday/Thursday

10:00 - 10:30 a.m. • Preschool (ages 3 - 5)  
 10:30 - 11:00 a.m. • Parent-Child (ages 6mos - 3)  
 5:00 - 5:30 p.m. • Parent-Child (ages 6mos - 3)  
 5:30 - 6:00 p.m. • Preschool (ages 3 - 5) • Level 3 (ages 5 - 17)  
 6:00 - 6:30 p.m. • Level 2 (ages 5 - 17) • Level 4/5 (ages 5 - 17)  
 6:30 - 7:00 p.m. • Level 1 (ages 5 - 17) • Adult Lessons (ages 15+)

### Winter Season Information

**Session I (01/05/20- 02/01/20)**  
**Session II (02/9/20 - 03/09/20)**

**Registration Begins: 11/05/19**

### Monday/Wednesday

5:00 - 5:30 p.m. • Preschool (ages 3 - 5) • Level 3 (ages 5 - 17)  
 5:30 - 6:00 p.m. • Level 1, 2 (ages 5 - 17)

### Tuesday/Thursday

10:00 - 10:30 a.m. • Preschool (ages 3 - 5)  
 10:30 - 11:00 a.m. • Parent-Child (ages 6mos - 3)  
 5:00 - 5:30 p.m. • Parent-Child (ages 6mos - 3)  
 5:30 - 6:00 p.m. • Preschool (ages 3 - 5) • Level 3 (ages 5 - 17)  
 6:00 - 6:30 p.m. • Level 2 (ages 5 - 17) • Level 4/5 (ages 5 - 17)  
 6:30 - 7:00 p.m. • Level 1 (ages 5 - 17) • Adult Lessons (ages 15+)