



# GENESEO PARK DISTRICT

## SEPTEMBER LAP SWIM/WATER EXERCISE SCHEDULE

AT THE CENTER'S INDOOR POOL *August 31 - October 4, 2020*

| MON   | TUE                                       | WED   | THU                                    | FRI   | SAT  | SUN                              |
|---|---|---|--|---|--|----------------------------------|
| ADULT LAP SWIM<br>5:15 - 6:00 am              | ADULT LAP SWIM<br>5:15 - 6:00 am          | ADULT LAP SWIM<br>5:15 - 6:00 am              | ADULT LAP SWIM<br>5:15 - 6:00 am       | ADULT LAP SWIM<br>5:15 - 6:00 am              |  |                                  |
| ADULT LAP SWIM<br>6:15 - 7:00 am              | ADULT LAP SWIM<br>6:15 - 7:00 am          | ADULT LAP SWIM<br>6:15 - 7:00 am              | ADULT LAP SWIM<br>6:15 - 7:00 am       | ADULT LAP SWIM<br>6:15 - 7:00 am              |  |                                  |
|   | <b>JUST THE GUYS</b><br>7:15 - 8:15 am    |   | <b>JUST THE GUYS</b><br>7:15 - 8:15 am |   | ADULT LAP SWIM<br>7:15 - 8:00 am           | ADULT LAP SWIM<br>7:15 - 8:00 am |
|   | <b>FIT HAPPENS A.M.</b><br>8:30 - 9:30 am | <b>FIT HAPPENS A.M.</b><br>8:30 - 9:30 am     |  | <b>FIT HAPPENS A.M.</b><br>8:30 - 9:30 am     | ADULT LAP SWIM<br>8:15 - 9:00 am           | ADULT LAP SWIM<br>8:15 - 9:00 am |
| <b>FOR THE LOVE OF FIT</b><br>9:45 - 10:45 am |   | <b>FOR THE LOVE OF FIT</b><br>9:45 - 10:45 am |  | <b>FOR THE LOVE OF FIT</b><br>9:45 - 10:45 am | <b>FLOAT &amp; FLOW</b><br>9:30 - 10:30 am |                                  |
| ADULT LAP SWIM<br>11:15 - Noon                | ADULT LAP SWIM<br>11:15 - Noon            | ADULT LAP SWIM<br>11:15 - Noon                | ADULT LAP SWIM<br>11:15 - Noon         | ADULT LAP SWIM<br>11:15 - Noon                |  |                                  |
| ADULT LAP SWIM<br>12:15 - 1:00 pm             | ADULT LAP SWIM<br>12:15 - 1:00 pm         | ADULT LAP SWIM<br>12:15 - 1:00 pm             | ADULT LAP SWIM<br>12:15 - 1:00 pm      | ADULT LAP SWIM<br>12:15 - 1:00 pm             |  |                                  |
| ADULT LAP SWIM<br>1:15 - 2:00 pm              | ADULT LAP SWIM<br>1:15 - 2:00 pm          | ADULT LAP SWIM<br>1:15 - 2:00 pm              | ADULT LAP SWIM<br>1:15 - 2:00 pm       | ADULT LAP SWIM<br>1:15 - 2:00 pm              |  |                                  |
| <b>HS SWIM TRAINING</b><br>2:30 - 4:00 pm     |   |   |  |   |  |                                  |
|   |   |   |  |   |  |                                  |
| <b>FIT HAPPENS P.M.</b><br>5:30 - 6:30 pm     | <b>SWIM LESSONS</b><br>4:00 - 6:30 pm     | <b>FIT HAPPENS P.M.</b><br>5:30 - 6:30 pm     | <b>SWIM LESSONS</b><br>4:00 - 6:30 pm  |   |  |                                  |
| ADULT LAP SWIM<br>7:00 - 7:45 pm              | ADULT LAP SWIM<br>7:00 - 7:45 pm          | ADULT LAP SWIM<br>7:00 - 7:45 pm              | ADULT LAP SWIM<br>7:00 - 7:45 pm       |   |  |                                  |

- Adult Only Lap Swimming or Water Exercise allowed. Lap Swimming is included in Membership, Non-Members pay daily admission fee of \$8.00. Must register for Water Fitness Classes and group Swim Lessons.
- Limit of 2 swimmers/lane.
- **Only one reservation per person/day.**
- **Reservations made weekly.** Reserve your time online at [GeneseoParkDistrict.org](http://GeneseoParkDistrict.org) or contact (309) 944-5695.
  - Week of August 31st opens Sunday August 30th for reservations.
  - Week of September 7th opens Sunday September 6th for reservations. *Center is CLOSED 9/7*
  - Week of September 14th opens Sunday September 13th for reservations.
  - Week of September 21st opens Sunday September 20th for reservations.
  - Week of September 28th opens Sunday September 27th for reservations.
- Private/Semi-Private Swim Lessons are being held. Call (309) 944-5695 or visit the Community Center to register.