

GreatLIFE Central Therapy Pool

(Ramp & Step Entry, 3 1/2' Deep,
Temperature 92 degrees)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
POOL OPENS AT 6:00am (mon-fri)								
Morning	AquaTONE 6:15a-7:00a Richard	AquaTONE 6:15a-7:00a Richard	AquaTONE 6:15a-7:00a Richard	AquaTONE 6:15a-7:00a Richard	AquaTONE 6:15a-7:00a Richard	pool opens 7:30am (sat)		
	Open Swim 7:00a - 7:30p	Open Swim 7:00a-1:00p	Open Swim 7:00a - 7:30p	Open Swim 7:00a-1:00p	Open Swim 7:00a - 7:30p	Open Swim 7:30a-1:30p	pool opens 11:30am (sun)	
Open Swim 11:30a-3:30p								
AquaTONE 1:00p-1:45p Ann		AquaTONE 1:00p-1:45p Ann				pool closes 1:30pm (sat)		
Evening	Open Swim 1:45p-7:30p	Open Swim 1:45p-7:30p	pool closes 3:30pm (sun)					
POOL CLOSSES AT 7:30pm (mon-fri)								

\$5 and \$10 Fitness Only memberships DO NOT include Group Exercise Classes

GreatLIFE Central Lap Pool

(Step/Ladder Entry, 4-10' Deep, 33 laps=1 mile,
Temperature 82 degrees)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
POOL OPENS AT 6:00am (mon-fri)							pool opens 7:30am (sat)	pool opens 11:30am (sun)
At least ONE LAP LANE will be open during pool hours except during Shawnee Heights Swim Team Practice.								
Morning	Lap Swim 6:00a-8:30a		Lap Swim 6:00a-8:30a		Lap Swim 6:00a-8:30a	Lap Swim (3 lanes)/Open Swim 7:30a-10:30a 3 lanes	Lap Swim/ Open Swim 11:30a-3:30p	
	AquatFIT 8:30a-9:15a Larry		AquatFIT 8:30a-9:15a Larry		AquatFIT 8:30a-9:15a Larry			
Afternoon	Lap Swim 9:15a-3:00p	Water Volleyball 9:30a- 11:30a	Lap Swim 9:15a-3:00p	Water Volleyball 9:30a-11:30a	Lap Swim 9:15a-3:00p	Water Volleyball 10:30a- 12:30p	Open Swim 12:30p-1:30p	
		Lap Swim/ Open Swim 6:00a-6:30p		Lap Swim/ Open Swim 6:00a-6:00p		Open Swim		
Evening	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20- 5/21/21	Shawnee Heights Swim Team 3:00p 11/16/20-5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20- 5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20- 5/21/21	Shawnee Heights Swim Team 3:00p-5:30p 11/16/20-5/21/21	pool closes 1:30pm (sat)	pool closes 3:30pm (sun)	
	Open Swim 5:30p - 6:30p	Open Swim 5:30p - 7:30p	Open Swim 5:30p - 6:30p	Open Swim 5:30p - 7:30p	Open Swim 5:30p - 7:30p	Group Exercise Schedules are online at www.greatlifegolf.com/- fitness-classes		
	Aqua Zumba 6:30p-7:30p Stacie		Aqua HIIT 5:30p-6:30p Morgan					
POOL CLOSSES AT 7:30pm (mon-fri)							last update September 2021	