

# 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)
AquaTONE 1:00p-1:45p Ann							pool closes 1:30pm (sat)
Open Swim 1:45p-7:30p		Open Swim 1:45p-7:30p				pool closes 3:30pm (sun)	
POOL CLOSSES AT 7:30pm (mon-fri)							
Evening							

**\$8.99 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
		Lap Swim/ Open Swim 6:00a-6:30p		Lap Swim/ Open Swim 6:00a-6:00p		Open Swim 12:30p-1:30p		
	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	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)	
Evening	Open Swim 5:30p - 6:30p	Open Swim 5:30p - 7:30p	Open Swim 5:30p - 7:30p	Open Swim 5:30p - 7:30p	Open Swim 5:30p - 7:30p	Group Exercise Schedules are online at <a href="http://greatlifetopeka.com/fitness">greatlifetopeka.com/fitness</a>		
	Aqua Zumba 6:30p-7:30p Stacie							
POOL CLOSSES AT 7:30pm (mon-fri)								