

GreatLIFE Central Therapy Pool

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

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		POOL OPENS AT 5:00am (mon-fri)						
Morning		Open Swim 5:00a-7:30p		Open Swim 5:30a-7:30p		Open Swim 5:00a-7:30p	pool opens 7:00am (sat)	
			FitLIFE 10:30a-11:15a		FitLIFE 10:30a-11:15a		Open Swim 7:00a-1:30p	
			Marc		Marc			
Afternoon	AquaFIT 1p-2p		AquaFIT 1p-2p		Open Swim 11:00-3:30p			
	Ann		Ann					
Evening								
		POOL CLOSSES AT 7:30pm (mon-fri)						

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 5:00am (mon-fri). At least ONE LAP LANE will be open during pool hours except during Shawnee Heights Swim Team Practice and Water Volleyball										pool opens 7:00am (sat)		pool opens 11:00am (sun)	
Morning	Lap Swim 5:00a-3:00p		Lap Swim 5:00a-3:00p		Lap Swim 5:00a-3:00p		Lap Swim 5:00a-3:00p		Lap Swim 7:00a-10:30a		Lap Swim/ Open Swim 11:00a-3:30p		
	AquaFIT 8:45a-9:30a (Larry)				AquaFIT 8:45a-9:30a (Larry)								
Afternoon	Lap Swim 9:30a-3:00p		Water Volleyball 9:30a-11:30a		Water Volleyball 9:30a-11:30a		Lap Swim 5:00a-3:00p		Water Volleyball 10:30a-12:30p				
			Lap Swim 11:30a-3:00p		Lap Swim 11:30a-3:00p		Lap/Open Swim 12:30p-1:30p						
	Shawnee Heights Swim Team 3:30p-5:30p Mid Nov - Mid May		Shawnee Heights Swim Team 3:30p-5:30p Mid Nov - Mid May		Shawnee Heights Swim Team 3:30p-5:30p Mid Nov - Mid May		Shawnee Heights Swim Team 3:30p-5:30p Mid Nov - Mid May		pool closes 1:30pm (sat)				pool closes 3:30pm (sun)
Evening	Lap /Open Swim 5:30p-6:30p		Lap /Open Swim 5:30p-7:30p		Lap /Open Swim 5:30p-6:30p		Lap /Open Swim 5:30p-7:30p		Group Exercise Schedules are online at www.greatlifegolf.com/-fitness-classes				
	Aqua Zumba* 6:30p-7:30p (Stacie)				AquaFIT/AquaHIIT* 6:30p-7:30p (Madeline)								
POOL CLOSES AT 7:30pm (mon-fri)										225 SW 12th Street (785) 233-1751 last update 6/17/2024			