

LAP POOL ~ August 2017

(715) 445-2411, ext. 317

www.iola.k12.wi.us/fit/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-8pm - 2 lanes	2 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-8pm - 2 lanes	3 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-8pm - 2 lanes	4 5:30-10am – 6 lanes Draining the pools at 10am	5 CLOSED
7 CLOSED	8 CLOSED	9 CLOSED	10 CLOSED	11 CLOSED	12 CLOSED
14 CLOSED	15 CLOSED	16 CLOSED	17 CLOSED	18 CLOSED	19 CLOSED
21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
28 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	29 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	30 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	31 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	SCHOOL STARTS MONDAY, AUGUST 28TH, 2017	

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AUGUST 2017 - FITNESS CENTER HOURS:

SUNDAY: *Closed*
MON-FRI: 5am-9pm
SATURDAY: 8am-5pm

LEISURE POOL ~ August 2017

(715) 445-2411, ext. 317

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
F&S = Fountain & Slide	1 10am-1pm No F&S 1-8pm F&S On	2 10am-1pm No F&S 1-8pm F&S On	3 10am-1pm No F&S 1-8pm F&S On	4 CLOSED	5 CLOSED
7 CLOSED	8 CLOSED	9 CLOSED	10 CLOSED	11 CLOSED	12 CLOSED
14 CLOSED	15 CLOSED	16 CLOSED	17 CLOSED	18 CLOSED	19 CLOSED
21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
28 9am-1pm No F&S 3:30-6pm - No F&S 6-8pm - F&S On	29 9am-1pm No F&S 3:30-6pm - No F&S 6-8pm - F&S On	30 9am-1pm No F&S 3:30-6pm - No F&S 6-8pm - F&S On	31 9am-1pm No F&S 3:30-6pm - No F&S 6-8pm - F&S On	SCHOOL STARTS MONDAY, AUGUST 28TH, 2017	

- ~ Children 3rd grade and under must have an adult in the water with them.
- ~ Children 4th-6th grade must have an adult in the building with them.
- ~ you must be 48' to go down the water slide by yourself.

~ MERMAID TAILS

1. Everyone must prove "WITH A SWIM TEST IN CHEST DEEP WATER" that you can swim well enough to use it. *IF the lifeguard says no, then it's no!*
2. Children - in "Chest Deep" Water ONLY!! *Due to how tired you can get.
3. Children must be *with an adult in the water "NEAR-BY" at all time.
NO ADULT=NO MERMAID FINS!
4. Lifeguards can ask you to take them off, If they feel you are tiring to the point where it is not safe.

F&S = Fountain & Slide

School Hours will begin on
Monday, August 28th, 2017

AUGUST 2017 - FITNESS CENTER HOURS:

SUNDAY: *Closed*
MON-FRI: 5am-9pm
SATURDAY: 8am-5pm


GYM ~ August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1-8:30pm	2 1-8:30pm	3 1-8:30pm	4 1-8:30pm	5 8am-5pm
7 1-8:30pm	8 1-8:30pm	9 1-8:30pm	10 1-8:30pm	11 1-8:30pm	12 8am-5pm
14 1-8:30pm	15 1-8:30pm	16 1-8:30pm	17 1-8:30pm	18 1-8:30pm	19 8am-5pm
21 5-8:30pm	22 5-8:30pm	23 5-8:30pm	24 5-8:30pm	25 5-8:30pm	26 8am-5pm
29 5-8:30pm	29 5-8:30pm	30 5-8:30pm	31 5-8:30pm		

**IN AUGUST ALL 3 Pools will be closed for at least 3 WEEKS.
 We will be resurfacing the Leisure Pool floor, acid washing the
 Lap Pool and tiling the Whirlpool. Thank you for your
 cooperation during this time.**

Group Exercise Class Schedule

August ~ 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00-8:45am		ZUMBA Kate		ZUMBA Cheryl
9:00-10:00am	Aquatic Exercise Therapy Cheryl	Liquid Cardio Cheryl	Aquatic Exercise Therapy Kris	Liquid Cardio Kate
4:30 - 5:30pm	ZUMBA (5-6pm) Cheryl		BOOT CAMP Cheryl No Class 8/2	
5:30-6:30pm				STICK FIT (5:30-6:30pm) Jayden/Cheryl

- ❖ Only the classes on this schedule are eligible for the punch card.
- ❖ PLEASE SIGN IN AT THE FRONT DESK EACH TIME YOU COME FOR A CLASS.
- ❖ Punch cards cost \$20.00 for 10 classes. Individual classes will cost \$2.50.
- ❖ Non-members must pay \$5.00 a class or purchase a punch card @ \$35.00 for 10 classes.
- ❖ Punch card patrons may come to an unlimited amount of classes a week.
Once all your punches are used, you may buy more punches.
- ❖ Patrons may check in for a class no sooner than a half hour before it begins.
- ❖ Minimum number of 3 people in each class to have the class.
- ❖ Land exercise classes will be held either in the Fraley or Mishler rooms.
Check with the front desk for class location.
- ❖ Classes may be held outside depending on the instructor/weather.
- ❖ Schedules will rotate every month. Classes will be added or changed due to requests (if possible) and/or more instructors are hired.
- ❖ If you would like to teach a class, either fill out an application or talk with the facility director.

ANNOUNCEMENTS:

No Deep H2O for the summer.