

LAP POOL ~ September 2017

(715) 445-2411, ext. 1304

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	The POOLS are CLOSED from 1pm-3:30pm Monday-Thursday AND 10am-3:30pm on Fridays.			1 5:30-10am – 6 lanes CLOSED 10am-3:30pm 3:30-8pm - 3 lanes	2 12:30-4:30pm - 3 lanes
4 CLOSED	5 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	6 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	7 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	8 5:30-10am – 6 lanes CLOSED 10am-3:30pm 3:30-8pm - 3 lanes	9 12:30-4:30pm - 3 lanes
11 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	12 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	13 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	14 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	15 5:30-10am – 6 lanes CLOSED 10am-3:30pm 3:30-8pm - 3 lanes	16 12:30-4:30pm - 3 lanes
18 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	19 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	20 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	21 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	22 5:30-10am – 6 lanes CLOSED 10am-3:30pm 3:30-8pm - 3 lanes	23 12:30-4:30pm - 3 lanes
25 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	26 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	27 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	28 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	29 5:30-10am – 6 lanes CLOSED 10am-3:30pm 3:30-8pm - 3 lanes	30 12:30-4:30pm - 3 lanes

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SEPTEMBER 2017 - FITNESS CENTER HOURS:

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

LEISURE POOL ~ September 2017

(715) 445-2411, ext. 1304

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
F/S = Fountain & Slide	The POOLS are CLOSED from 1pm-3:30pm Monday-Thursday AND 10am-3:30pm on Fridays.			1 3:30-5pm No F/S 5-8 pm F/S	2 12:30-4:30pm F/S
4 CLOSED	5 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	6 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	7 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	8 3:30-5pm No F/S 5-8 pm F/S	9 12:30-4:30pm F/S
11 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	12 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	13 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	14 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	15 3:30-5pm No F/S 5-8 pm F/S	16 12:30-4:30pm F/S
18 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	19 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	20 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	21 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	22 3:30-5pm No F/S 5-8 pm F/S	23 12:30-4:30pm F/S
25 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	26 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	27 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	28 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	29 3:30-5pm No F/S 5-8 pm F/S	30 12:30-4:30pm F/S

- ~ 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

Facility will be closed on Monday,
September 4th (Labor Day)

SEPTEMBER 2017 - FITNESS CENTER HOURS:

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

GYM ~ September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5:30-8:30pm	2 1-5pm
4 CLOSED	5 5:30-8:30pm	6 5:30-8:30pm	7 5:30-8:30pm	8 5:30-8:30pm	9 1-5pm
11 5:30-8:30pm	12 5:30-8:30pm	13 5:30-8:30pm	14 Open after VB game	15 5:30-8:30pm	16 1-5pm
18 5:30-8:30pm	19 5:30-8:30pm	20 5:30-8:30pm	21 Open after VB game	22 5:30-8:30pm	23 1-5pm
25 5:30-8:30pm	26 5:30-8:30pm	27 5:30-8:30pm	28 Open after VB game	29 5:30-8:30pm	30 1-5pm

School is back in session! The Fitness Center and the Gym will be busier with kids. Middle School Volleyball will have practice in the Fitness and Aquatic Centers Gym after school until 5:30pm. There will also be Volleyball games being held in the gym as well.

Group Exercise Class Schedule

September ~ 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	
5:30-6:30pm		POUND Jayden/Cheryl		
6:30-7:30pm			Deep Water Aerobics Sue	

*Only the classes on this schedule are eligible for the punch card.

***PLEASE SIGN IN AT THE FRONT DESK EACH TIME YOU COME FOR CLASS.**

*Punch Cards cost \$20.00 for 10 classes. Individual classes will cost \$2.50

*Non-Members must pay \$5.00/class or

purchase a punch card for \$35.00 for 10 classes

*Instructors must have at least 3 people to hold class

*Land exercise classes will be held either in the Fraley or Mishler rooms, unless noted by your instructor. Some classes may go outside (weather permitting)

*Please see your instructor if you wish to see another class/time changed.

We will see what we can do.

*If you would like to teach a class, fill out an application and talk with Cheryl or Tim.

ANNOUNCEMENTS:

No Classes on 9/4