

LAP POOL ~ July 2017

(715) 445-2411, ext. 317

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p>					<p>1 12:30-4:30pm ~ 2 lanes</p>
<p>3 5:30-8:45am – 6 lanes Water Therapy: 9-10am **10:15am-6pm - 2 lanes Closing early enjoy the festivities at Taylor Field</p>	<p>4 CLOSED</p>	<p>5 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-8pm - 2 lanes</p>	<p>6 5:30-8:45am - 6 lanes Water Aerobics: 9-10am 10:15am-8pm - 2 lanes</p>	<p>7 5:30-11:30am – 6 lanes CLOSED: 11:30am-2pm 2-8pm – 2/3 lanes</p>	<p>8 12:30-4:30pm ~ 2 lanes</p>
<p>10 5:30-8:45am – 6 lanes Water Therapy: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>11 5:30-8:45am - 6 lanes Water Aerobics: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>12 5:30-8:45am – 6 lanes Water Therapy: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>13 5:30-8:45am - 6 lanes Water Aerobics: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>14 5:30-11:30am – 6 lanes CLOSED: 11:30am-2pm 2-8pm – 2/3 lanes</p>	<p>15 12:30-4:30pm ~ 2 lanes</p>
<p>17 5:30-8:45am – 6 lanes Water Therapy: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>18 5:30-8:45am - 6 lanes Water Aerobics: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>19 5:30-8:45am – 6 lanes Water Therapy: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15am-8pm - 2 lanes</p>	<p>20 5:30-8:45am – 3 lanes Water Aerobics: 9-10am Swim Lesson: 8:45am-12:45pm & 4:15-6pm 10:15-8pm - 2 lanes</p>	<p>21 5:30-11:30am – 6 lanes CLOSED: 11:30am-2pm 2-8pm – 2/3 lanes</p>	<p>22 12:30-4:30pm ~ 2 lanes</p>
<p>24/31 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-8pm - 2 lanes</p>	<p>25 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-8pm - 2 lanes</p>	<p>26 5:30-8:45am – 6 lanes Water Therapy: 9-10am 10:15am-8pm - 2 lanes</p>	<p>27 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 10:15-8pm - 2 lanes</p>	<p>28 5:30-11:30am – 6 lanes CLOSED: 11:30am-2pm 2-8pm – 2/3 lanes</p>	<p>29 12:30-4:30pm ~ 2 lanes</p>

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LEISURE POOL ~ July 2017

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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.					1 12:30-4:30pm (F&S on)
3 9am-1pm (No F&S) 1-6pm (F&S on) <i>Closing early enjoy the festivities at Taylor Field</i>	4 <div style="background-color: yellow; padding: 5px; text-align: center;">CLOSED</div>	5 9am-1pm (No F&S) 1-8pm (F&S on)	6 9am-1pm (No F&S) 1-8pm (F&S on)	7 2-8pm (F&S On)	8 12:30-4:30pm (F&S on)
10 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	11 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	12 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	13 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	14 2-8pm (F&S On)	15 12:30-4:30pm (F&S on)
17 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	18 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	19 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	20 1-4pm (F&S on) <div style="background-color: yellow; padding: 2px;">CLOSED 4-6PM</div> 6-8pm (F&S on)	21 2-8pm (F&S On)	22 12:30-4:30pm (F&S on)
24/31 9am-1pm (No F&S) 1-8pm (F&S on)	25 9am-1pm (No F&S) 1-8pm (F&S on)	26 9am-1pm (No F&S) 1-8pm (F&S on)	27 9am-1pm (No F&S) 1-8pm (F&S on)	28 2-8pm (F&S On)	29 12:30-4:30pm (F&S on)

- ~ 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 FINNS!
4. Lifeguards can ask you to take them off, If they feel you are tiring to the point where it is not safe.

SWIM LESSONS:

Session 1: June 12-15 and 19-22
Session 2: July 10-13 and 17-20

No Swim Team this summer

F&S = Fountain & Slide

JULY 2017 - FITNESS CENTER HOURS:

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


GYM ~ July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8am-5pm
3 1-6pm	4 1-8:30pm	5 1-8:30pm	6 1-8:30pm	7 1-8:30pm	8 8am-5pm
THE GYM WILL BE CLOSED THIS WHOLE WEEK(10TH-15TH) TO BE RESURFACED!!!					
17 1-8:30pm	18 1-8:30pm	19 1-8:30pm	20 1-8:30pm	21 1-8:30pm	22 8am-5pm
24/30 1-8:30pm	25 1-8:30pm	26 1-8:30pm	27 1-8:30pm	28 1-8:30pm	29 8am-5pm

IN AUGUST ALL 3 Pools will be closed for at least 3 WEEKS.
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Group Exercise Class Schedule

July ~ 2017

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- ❖ 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 H20 for the
summer.
No Classes 7/4!!