

Tamarack Pool Schedule Fall 2016 & Winter / Spring 2017

| Time | Monday Open @ 9am | Tuesday Open @ 8am | Wednesday Open @ 11am | Thursday Open @ 8am | Friday Open @ 10am | Saturday Open @ 9am | Sunday |
|---------|---|--------------------------------------|---|--------------------------------------|---|---------------------------------------|---|
| 8:00am | | *Ai Chi | | *Ai Chi | | | Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511 |
| 9:00am | | Gentle Arthritis Stretch | | Gentle Arthritis Stretch | | *Ai Chi | |
| 10:00am | *VETERANS ONLY SWIM | Aqua Jog & Baby Swim | | Aqua Jog & Baby Swim | RENTAL LESD | Baby Swim | |
| 11:00am | Baby Swim & Lap Swim | Open Swim & Lap Swim | Baby Swim & Lap Swim | Open Swim & Lap Swim | | Open Swim & Lap Swim | |
| 12:00pm | Open Therapeutic Exercise | Open Therapeutic Exercise | Open Therapeutic Exercise | Open Therapeutic Exercise | Open Therapeutic Exercise | Open Therapeutic Exercise | |
| 1:00pm | POOL CLOSED | POOL CLOSED | *Ai Chi | ** Warm Water Exercise – 3 Modes | Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511 | Family Swim | |
| 2:00pm | Instructed Aquatic Fitness / Swim Lessons | Rehab Swim / Lap Swim / Swim Lessons | Instructed Aquatic Fitness / Swim Lessons | Rehab Swim / Lap Swim / Swim Lessons | | | |
| 3:00pm | *Swimming Lessons | *Swimming Lessons | *Swimming Lessons | *Swimming Lessons | | PRIVATE Medical Rental | |
| 5:30pm | Up Tempo Baby Swim Lap Swim | Aqua Yoga 5:45-6:45 | Up Tempo Baby Swim Lap Swim | *Aqua Yoga 5:45-6:45 | | Tamarack Pool Available for Rent Call | |
| 6:30pm | Family Swim | Close @ 6:45 | Family Swim | | | (541) 686-9290 or (541) 525-8511 | |
| 7:30pm | Close @ 7:30 | | Close @ 7:30 | | | | |

Schedule starts September 6, 2016 – through June 2017

*Classes with one star – Only clients attending that specific class **OR** approved by management may attend.

** Warm Water Exercise: Class dates Sept 29-Dec 8, 2016; Jan 12-Mar 23; & Apr 6-June 15, 2017

If you have questions about what times are best for you or want additional information, please call us at 541-686-9290 or visit our website at tamarackaquatic.org