

Tamarack Pool Schedule **Summer 2017**, begins Monday, June 19, 2017

Time	Monday Open @ 10am	Tuesday Open@ 8am	Wednesday Open @ 11am	Thursday Open@ 8am	Friday Open @ Noon	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		Baby Swim	
11:00am	Baby Swim & Lap Swim	Open Swim & Lap Swim	Baby Swim & Lap Swim	Open Swim & Lap Swim	Baby 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	* Ai Chi	One-on-One Therapy	*Ai Chi	*Extra Quiet Ai Chi for Summer	Family / Recreation Swim	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	Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511	*Prenatal Class	
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	* Aquatic Movement & Meditation		Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511	
6:30pm	Close @ 6:30pm	Close at 6:45pm	Family Swim	Close at 6:45pm			
7:30pm			Close @ 7:30				

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

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 www.tamarackaquatic.org