

## Tamarack Pool Schedule – Winter / Spring 2018

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			<b>Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511</b>
9:00am		Gentle Arthritis Stretch		Gentle Arthritis Stretch		*Ai Chi	
10:00am	*VETERANS ONLY SWIM	Aqua Jog & Baby Swim		Aqua Jog & Baby Swim	<b>LANE ESD RENTAL</b>	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	* Ai Chi	One-on-One Therapy	*Ai Chi	*Extra Quiet Ai Chi	Open Swim & Lap 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		^ Family Swim (2 hours)	
3:00pm	*Swimming Lessons	*Swimming Lessons	*Swimming Lessons	*Swimming Lessons	City of Eugene Adaptive Rec <i>Dates Vary</i> Register with Eugene Parks & Recreation	<b>PRIVATE Medical Rental</b>	
					Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511		
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			
6:30pm	Family Swim	Close at 6:45pm	Family Swim	Close at 6:45pm			
7:30pm	Close @ 7:30		Close @ 7:30				

Effective February 1 through June 23, 2018

\*Classes with one star – Only clients attending that specific class **OR** approved by management may be in Pool.

^ Fee for Saturday 2-hour Family Swim: \$8/adult & \$6/child

If you have questions about what times are best for you or want additional information, please call **541-686-9290** or visit our website at [www.tamarackaquatic.org](http://www.tamarackaquatic.org)

Revised January 2018