



Pool @ Eastern Lycoming  
March 2nd - March 8th

50 Fitness Drive  
MUNCY, PA 17756  
(570) 546-8822

	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
6am	Open Swim - 3 Lap Lanes Open 6:30am - 8am	Open Swim - 3 Lap Lanes Open 6:30am - 9:45am	Open Swim - 3 Lap Lanes Open 6:30am - 8am	Open Swim - 3 Lap Lanes Open 6:30am - 9am	Open Swim - 3 Lap Lanes Open 6:30am - 8am		
8am	3 Lap Lanes Open 8am - 9am		3 Lap Lanes Open 8am - 9am		3 Lap Lanes Open 8am - 9am	MASTERS - NO LANES OPEN 8am - 9am	
	Member Aerobics Member Lead 8am - 9am		Member Aerobics Member Lead 8am - 9am		Member Aerobics Member Lead 8am - 9am		
9am	0 Lanes Open 9am - 10am	Preschool Swim 9:45am - 12pm	0 Lanes Open 9am - 10am	2 Lap Lanes Open 9am - 11am	Fit & Tone Member Lead 9am - 10am	Open Swim - 2 Lap Lanes Open 9am - 12pm	
	Fit & Tone Member Lead 9am - 10am	3 Lap Lanes Open 9:45am - 12pm	Fit & Tone Member Lead 9am - 10am	Water Aerobics Michelle McGee 9am - 10am	0 Lanes Open 9am - 10am	Private Swim Lessons 9am - 12pm	
10am	2 Lap Lanes Open 10am - 11am		Open Swim - 3 Lap Lanes Open 10am - 12pm	Water Aerobics Michelle McGee 10am - 11am	Open Swim - 3 Lap Lanes Open 10am - 5:30pm		Open Swim - 3 Lap Lanes Open 10am - 2:30pm
	Water Aerobics Michelle McGee 10am - 11am						
11am	Open Swim - 3 Lap Lanes Open 11am - 12pm			Open Swim - 3 Lap Lanes Open 11am - 5pm			
12pm		Open Swim - 3 Lap Lanes Open 12pm - 6pm	SPA CLOSED 12pm - 7:30pm			Open Swim - 3 Lap Lanes Open 12pm - 3:30pm	
			POOL & SPA CLOSED 12pm - 4pm				
5pm					Open Swim - 0 Lap Lanes Open 5:30pm - 6:30pm		
					Pool Rental 5:30pm - 6:30pm		
6pm	Swim Team - 0 Lanes Open 6pm - 8pm	Swim Team - 0 Lanes Open 6pm - 8pm	Swim Team - 0 Lanes Open 6pm - 8pm	Swim Team - 0 Lanes Open 6pm - 8pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.