



# Pool @ Eastern Lycoming

July 16th - July 22nd

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

	WED 16	THU 17	FRI 18	SAT 19	SUN 20	MON 21	TUE 22
6am	Open Swim - 3 Lap Lanes Open 6:30am - 8am	Open Swim - 3 Lap Lanes Open 6:30am - 12:30pm	Open Swim - 3 Lap Lanes Open 6:30am - 8am			Open Swim - 3 Lap Lanes Open 6:30am - 8am	Open Swim - 3 Lap Lanes Open 6:30am - 9:45am
8am	3 Lap Lanes Open 8am - 9am		3 Lap Lanes Open 8am - 9am	Open Swim - 3 Lap Lanes Open 8am - 9am		3 Lap 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		0 Lanes Open 9am - 10am	Open Swim - 2 Lap Lanes Open 9am - 12pm		0 Lanes Open 9am - 10am	3 Lap Lanes Open 9:45am - 12pm
	Fit & Tone Member Lead 9am - 10am		Fit & Tone Member Lead 9am - 10am	Private Swim Lessons 9am - 12pm		Fit & Tone Member Lead 9am - 10am	Preschool Swim 9:45am - 12pm
10am	Open Swim - 3 Lap Lanes Open 10am - 7:30pm		Open Swim - 3 Lap Lanes Open 10am - 6:30pm		Open Swim - 3 Lap Lanes Open 10am - 2:30pm		
11am						Open Swim - 3 Lap Lanes Open 11am - 12:30pm	
12pm		POOL & SPA CLOSED 12:30pm - 3:15pm		Open Swim - 3 Lap Lanes Open 12pm - 3:30pm		POOL & SPA CLOSED 12:30pm - 3:15pm	Open Swim - 3 Lap Lanes Open 12pm - 12:30pm
							POOL & SPA CLOSED 12:30pm - 3:15pm
3pm		Open Swim - 3 Lap Lanes Open 3:15pm - 7:30pm				Open Swim - 3 Lap Lanes Open 3:15pm - 7:30pm	Open Swim - 3 Lap Lanes Open 3:15pm - 7:30pm

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.