



Pool @ Eastern Lycoming  
September 20th - September 26th

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

|      | SAT 20   | SUN 21   | MON 22   | TUE 23   | WED 24   | THU 25  | FRI 26  |
|------|--|--|--|--|--|---|---|
| 6am  |  |  | Open Swim - 3 Lap<br>Lanes Open<br>6:30am - 8am  | Open Swim - 3 Lap<br>Lanes Open<br>6:30am - 9:45am | Open Swim - 3 Lap<br>Lanes Open<br>6:30am - 8am  | Open Swim - 3 Lap<br>Lanes Open<br>6:30am - 4pm | Open Swim - 3 Lap<br>Lanes Open<br>6:30am - 8am |
| 8am  | Open Swim - 3 Lap<br>Lanes Open<br>8am - 9am     |  | 3 Lap Lanes Open<br>8am - 9am                    |  | 3 Lap Lanes Open<br>8am - 9am                    |   | 3 Lap Lanes Open<br>8am - 9am                   |
|      |  |  | Member Aerobics<br>Member Lead<br>8am - 9am      |  | Member Aerobics<br>Member Lead<br>8am - 9am      |   | Member Aerobics<br>Member Lead<br>8am - 9am     |
| 9am  | Open Swim - 2 Lap<br>Lanes Open<br>9am - 12pm    |  | 0 Lanes Open<br>9am - 10am                       | POOL & SPA CLOSED<br>9:30am - 10:30am              | 0 Lanes Open<br>9am - 10am                       |   | 0 Lanes Open<br>9am - 10am                      |
|      | Private Swim<br>Lessons<br>9am - 12pm            |  | Fit & Tone<br>Member Lead<br>9am - 10am          | Preschool Swim<br>9:45am - 12pm                    | Fit & Tone<br>Member Lead<br>9am - 10am          |   | Fit & Tone<br>Member Lead<br>9am - 10am         |
| 10am |  | Open Swim - 3 Lap<br>Lanes Open<br>10am - 2:30pm |  | 3 Lap Lanes Open<br>10:30am - 12pm                 |  |   | Open Swim - 3 Lap<br>Lanes Open<br>10am - 11am  |
| 11am |  |  | Open Swim - 3 Lap<br>Lanes Open<br>11am - 7:30pm |  | Open Swim - 3 Lap<br>Lanes Open<br>11am - 7:30pm |   | Homeschool Swim &<br>Gym<br>11am - 2pm          |
|      |  |  |  |  |  |   | Open Swim - 2 Lap<br>Lanes Open<br>11am - 2pm   |
| 12pm | Open Swim - 3 Lap<br>Lanes Open<br>12pm - 3:30pm |  |  | Open Swim - 3 Lap<br>Lanes Open<br>12pm - 7:30pm   | SPA CLOSED<br>12pm - 7:30pm                      |   |   |
| 2pm  |  |  |  |  |  |   | Open Swim - 3 Lap<br>Lanes Open<br>2pm - 7:30pm |
| 4pm  |  |  |  |  |  | POOL & SPA CLOSED<br>4pm - 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.