



Pool @ Eastern Lycoming
December 14th - December 20th

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

	SUN 14	MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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	Open Swim - 3 Lap Lanes Open 10am - 2:30pm	2 Lap Lanes Open 10am - 11am		Open Swim - 3 Lap Lanes Open 10am - 5pm	Water Aerobics Michelle McGee 10am - 11am	Open Swim - 3 Lap Lanes Open 10am - 5:30pm	
		Water Aerobics Michelle McGee 10am - 11am					
11am		Open Swim - 3 Lap Lanes Open 11am - 4pm			Open Swim - 3 Lap Lanes Open 11am - 5pm		
12pm			Open Swim - 3 Lap Lanes Open 12pm - 5pm	SPA CLOSED 12pm - 7:30pm			Open Swim - 3 Lap Lanes Open 12pm - 3:30pm
4pm		2 Lap Lanes Open 4pm - 5pm					
		Pool Rental 4pm - 5pm					
5pm		Swim Team - 0 Lanes Open 5pm - 8pm	Swim Team - 0 Lanes Open 5pm - 8pm	Swim Team - 0 Lanes Open 5pm - 8pm	Swim Team - 0 Lanes Open 5pm - 8pm	Open Swim - 0 Lap Lanes Open 5:30pm - 6:30pm	
						Pool Rental 5:30pm - 6:30pm	

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.