

GOOD SAMARITAN
 Health and Wellness Center

Time/Place	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Lap	Warm	Lap	Warm	Lap	Warm	Lap	Warm	Lap	Warm	Lap	Warm	Lap	Warm	
5:00-5:30	Center Closed												Center Closed		
5:30-6:00					12 Wk Class		Class								
6:00-6:30					5:30-6:30		5:30-6:25								
6:30-7:00															
7:00-7:30													12 Wk Class		
7:30-8:00													7:00-8:00		
8:00-8:30														Child Swim	
8:30-9:00	Class		Class		Class		Class		Class		Class		Class	8:00-8:30	
9:00-9:30	8:30-9:25		8:30-9:25		8:30-9:25		8:30-9:25		8:30-9:25		8:30-9:25		8:45-9:30		
9:30-10:00	Class		Class	6 Wk Class		Class	Class			Class	Class	6 Wk Class		Child Swim	
10:00-10:30	9:30-10:25		9:30-10:15	9:45-10:30		9:30-10:15	9:30-10:15			9:30-10:15	9:30-10:15	9:45-10:30	6 Wk Class	9:30-10:00	
10:30-11:00				6 Wk Class				6 Wk Class		Class			10:00-10:45		
11:00-11:30			6 Wk Class	10:30-11:15			6 Wk Class	10:30-11:15		10:30-11:15				Class	
11:30-12:00			11:15-12:00			6 Wk Class	11:15-12:00	6 Wk Class		6 Wk Class	11:30-12:15			10:45-11:30	
12:00-12:30			Class			11:30-12:15	Class	11:30-12:15		11:30-12:15	Class			Class	
12:30-1:00			12:15-1:00			6 Wk Class	12:15-1:00			6 Wk Class	12:15-1:00			11:30-12:15	
1:00-1:30				Class				Class					Class		
1:30-2:00				1:00-1:45	Class			1:00-1:45	Class				1:00-1:45		
2:00-2:30				Class	1:30-2:15			Class	1:30-2:15				Class		
2:30-3:00				2:00-2:45				2:00-2:45					2:00-2:45		
3:00-3:30	Children's Swim Lessons 3:00-5:35PM														
3:30-4:00															
4:00-4:30															
4:30-5:00			Class			Class	Class								
5:00-5:30			4:30-5:25			4:45-5:35	4:30-5:15								
5:30-6:00															
6:00-6:30				Class	Class			Class	Class				Class		
6:30-7:00				6:00-6:45	6:00-6:45		Fun w/Fitness	6:00-6:45	6:00-6:45				6:00-6:45		
7:00-7:30			Class		6 Wk Class		5:30-7:20	Class	6 Wk Class						
7:30-8:00			7:00-7:45		7:00-7:45		3/3 - 3 lanes	7:00-7:45	7:00-7:45						
8:00-8:30	Center Closed				Mommy BC					12 Wk Class					
8:30-9:00					8:15-9:30					7:30-8:30					
9:00-9:30						3/16 - 4 lanes									
9:30-10:00															

General: This schedule lists currently planned pool activities and is subject to change at any time. For a complete list of our pool classes and events, go to our on-line calendar at www.advocatehealth.com/goodsam/wellness. Water shoes are recommended for pool users. All members/guests are required to read and adhere to Pool Etiquette Guidelines as established by the Wellness Center.

Weekly Classes (Free to Members)
6-Week Paid Specialty Classes
12-Week Paid Master Swim Club - All Lanes To Be Used
6-Week Paid Children's Swim Classes-Warm Pool & 3 Lanes To Be Used
Special Event - Various Lanes To Be Used
No Scheduled Classes - For Member/Guest Use

Warm Water Pool: Classes will use the entire shallow end of the warm water pool. Additionally some instructors may use the deep well for portions of their classes. When the deep well is not being used for classes it is open to members, but your consideration to those people attending the class is appreciated.

Lap Pool: When no classes are in the lap pool, 3 lanes are open for swimming and 2 lanes (combined as 1) are open for members/guests. All classes will use the three lanes closest to the warm water pool, leaving 2 lanes open for members/guests. Exceptions are Master Swim which uses 5 lanes, Learn to Swim Paid Classes which uses 1 lane, Children's Paid 6-Week Swim Classes which uses 2 lanes closest to the warm pool and 1 lane closest to the hot tub.