

Tamarack Pool Schedule Fall 2019

Time	Monday Open @ 10am	Tuesday Open @ 8am	Wednesday Open @ 10am	Thursday Open @ 8am	Friday Open @ 12pm	Saturday Open @ 9am	Sunday
8:00 am		* Ai Chi		* Ai Chi	Available for Rent		Tamarack Pool Available for Rent Call (541) 686-9290
9:00 am		* Gentle Stretch		* Gentle Stretch		* Ai Chi	
10:00 am	* VETERANS ONLY SWIM	Aqua Jog Baby Swim	Open Exercise Lap Swim	Aqua Jog Baby Swim	LESD Rental	Baby Swim	
11:00 am	Baby Swim Lap Swim	Open Exercise Lap Swim	Baby Swim Lap Swim	Open Exercise Lap Swim		Open Exercise Lap Swim	
12:00 pm	Adult Therapeutic	Adult Therapeutic	Adult Therapeutic	Adult Therapeutic	Adult Therapeutic	Adult Therapeutic	
1:00 pm	* Ai Chi		* Ai Chi	* Ai Chi		Family Swim	
2:00 pm	Aqua Tone	Open Exercise Lap Swim Swim Lesson: Group	Aqua Tone	Open Exercise Lap Swim Swim Lesson: Group	Close @ 2 pm Available for Rent	Medical Rental	
3:00 pm	* Swim Lessons: Private 30 minutes 1-1 instruction	* Swim Lessons: Private 30 minutes 1-1 instruction	* Swim Lessons: Baby + Me 3-4 pm and Private 30 minutes 1-1 instruction	* Swim Lessons: Private 30 minutes 1-1 instruction		Close @ 4:00	
5:30 pm	Group 30 minutes 4-1 instruction Adult Therapeutic	* Aqua Yoga 5:55 – 7:00	Family Swim 5:45 - 7:30	* Aqua Yoga 5:55 – 7:00		Available for Rent	
6:30 pm	Family Swim 6:30 - 8:00	Close @ 7 pm		Close @ 7 pm			
8:00 pm	Close @ 8 pm		Close @ 7:30pm				

Instructed class ; * Star – Only clients attending that specific class or approved by instructor and management may be in Pool.

If you have questions about what times are best for you or want additional information, please call **541-686-9290** or visit our website **tamarackaquatic.org**