

Tamarack Pool Schedule Spring 2019

Time	Monday Open @ 9am	Tuesday Open @ 8am	Wednesday Open @ 9am	Thursday Open @ 8am	Friday Open @ Noon	Saturday Open @ 9am	Sunday
8:00 am		* Ai Chi		* Ai Chi			Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511
9:00 am		* Gentle Arthritis Stretch		* Gentle Arthritis Stretch		* Ai Chi	
10:00 am	* VETERANS ONLY SWIM	Aqua Jog Baby Swim	Adult/Open Exercise Lap Swim	Aqua Jog Baby Swim	LANE ESD RENTAL	Baby Swim	
11:00 am	Baby Swim Lap Swim	Adult/Open Exercise Lap Swim	Baby Swim Lap Swim	Adult/Open Exercise Lap Swim		Open Swim Lap Swim	
12:00 pm	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	
1:00 pm	* Ai Chi	Adult Exercise	* Ai Chi	* Ai Chi	Adult/Open Exercise Lap Swim	2-hour Family Swim	
2:00 pm	Instructed Aquatic Fitness	Adult Exercise Lap Swim	Instructed Aquatic Fitness	Adult Exercise Lap Swim	Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511		
3:00 pm	* Swim Lessons	* Swim Lessons	* Swim Lessons	* Swim Lessons		Medical Rental	
4:00 pm	<i>30 minutes of 1-1 instruction</i>		Parent & Child Swim Lessons 3-4 pm			* Aqua Yoga	
5:30 pm	2-hour Family Swim	* Aqua Yoga 5:45-6:45	2-hour Family Swim	* Aqua Yoga 5:45-6:45		Tamarack Pool Available for Rent	
7:30 pm	Close @ 7:30	Close @ 6:45pm	Close @ 7:30	Close @ 6:45pm			

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**