

# Tamarack Pool Schedule Winter 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	Deep Water Exercise	* Gentle Arthritis Stretch	Deep Water Exercise	* 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			
3:00 pm	* Swim Lessons  <i>30 minutes of 1-1 instruction</i>	* Swim Lessons	* Swim Lessons  Parent & Child Swim Lessons 3-4 pm	* Swim Lessons	Tamarack Pool Available for Rent  Call (541) 686-9290 or (541) 525-8511	Medical Rental	
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  Call (541) 686-9290 or (541) 525-8511	
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**