

## 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
8:00am		*Ai Chi		*Ai Chi			<b>Tamarack Pool Available for Rent</b> Call (541) 686-9290 or (541) 525-8511
9:00am	Adult Exercise / Lap Swim <small>begins 1/14</small>	*Gentle Arthritis Stretch	Adult Exercise / Lap Swim <small>begins 1/16</small>	*Gentle Arthritis Stretch		*Ai Chi	
10:00am	<b>*VETERANS ONLY SWIM</b>	Aqua Jog & Baby Swim	Open Swim <small>begins 1/16</small>	Aqua Jog & Baby Swim	<b>LANE ESD RENTAL</b>	Baby Swim	
11:00am	Baby Swim & Lap Swim	Open Swim & Lap Swim	Baby Swim & Lap Swim	Open Swim & Lap Swim		Open Swim & Lap Swim	
12:00pm	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	Open Therapeutic Exercise	
1:00pm	* Ai Chi	Open Swim	*Ai Chi	*Ai Chi	Open Swim & Lap Swim	2-hour Family Swim	
2:00pm	Instructed Aquatic Fitness	Adult Swim / Lap Swim	Instructed Aquatic Fitness	Adult Swim / Lap Swim			
3:00pm	*Swimming Lessons	*Swimming Lessons	*Swimming Lessons <i>[Parent/Child lessons 3-4pm]</i>	*Swimming Lessons	Tamarack Pool Available for Rent Call (541) 686-9290 or (541) 525-8511	<b>PRIVATE</b> <i>Medical Rental</i>	
5:30pm	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	
6:30pm		Close at 6:45pm		Close at 6:45pm			
7:30pm		Close @ 7:30		Close @ 7:30			

\*Sessions with one 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**