Cleveland Clinic
Akron General
LifeStyles

AQUATICS
Pool Schedule

Cleveland Clinic Akron General Health & Wellness Center, Bath

October 2026 – February 2027

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
5:30 AM	Adult Lap Swim/Exercise/Recreation (L/E/R)							
7:00 AM						L/E/R		
8:00 AM								L/E/R
9:00 AM	Shallow Strength	In the Deep	Aqua Lite	Boot Camp	Shallow Splash	Shallow Splash	Group Swim Lessons 9:00 AM - 2:00 PM Therapy Pool & Lap Pool	Zumba
10:00 AM	L/E/R Dependent Hours 9:00 AM - 11:00 AM					Limited L/E/R		L/E/R
11:00 AM	L/E/R							
3:00 PM	Limited L/E/R Dependent Hours 3:00 PM - 5:00 PM Revere High School Swim Team Practice 3:15-5:15 PM				Dependent Hours 3:00 - 5:00 PM	L/E/R		
5:00 PM	Group Swim Lessons 5:30-7:30 PM	Group Swim Lessons 5:30-7:30 PM	L/E/R	Group Swim Lessons 5:30-7:30 PM	Revere High School Swim Team Practice 3:15-5:15 PM			
6:00 PM			Aqua Crush		L/E/R	CENTER CLOSES AT 6:00 PM		
7:00 PM	L/E/R Dependent Hours 7:00 PM - 10:00 PM Therapy Pool Monday - Thursday 7:00 - 10:00 PM				Therapy Pool for quiet activities 4:00-10:00PM			
10:00 PM	CENTER CLOSES AT 10:00 PM							

Yellow Areas = Dependent Hours

Blue Areas = Group Exercise Classes

L/E/R = Lap, Exercise & Recreaction

LGT = Lifeguard Training Course

WSI = Water Safety Instructor Course

See back of schedule for more descriptions

AQUATIC PROGRAM AND ACTIVITY DESCRIPTIONS

Adult Lap Swim/Exercise/Recreation Time (L/E/R)

Within each lane, adults may swim continuously in a workout setting, exercise or relax and play. Accommodations will be made for all levels of swimmers, including non-swimmers who prefer to exercise in shallow water or by holding on to the poolside. This is the best time to take advantage of unscheduled pool time. However, all efforts will be made to keep at least one lane available even during organized programs. Ask the lifeguard on duty, if you want an extra lane line put in or taken out. We'll do our best to accommodate your needs.

Learn-to-Swim Lessons:

Classes for both adults (Adult Lessons) and children (Children's Lessons - CSL) will be offered for those wanting to improve their water skills, stroke mechanics and general fitness. Choose from Red Cross Levels I - VI, Red Cross Parent-Child Classes or Adult Lessons. Private Lessons are available by contacting the aquatics department at 665-8131.

Aquatic Exercise Programs:

Water exercise programs guided by our Group Exercise Manager will be offered throughout the week. Shallow water exercise classes, deep-water classes and Warm Water classes (in our therapy pool) are offered morning and evening. See the aerobic schedule for class descriptions.

Adult Masters Swimming:

Coached workouts for the serious adult swimmer and those wanting to improve their swimming technique, skills and overall fitness. Tuesday 7:00 – 8:00 AM & Friday mornings 6:00 – 7:00 AM; 2-3 lanes are used.

Revere High School:

LifeStyles is proud to be the home of Revere High School Swimming. Practices are held Monday - Friday from 3:00 - 5:00 p.m. during the months of October through February. There is one lap lane available to members during practices. The LifeStyles lap pool will be closed from approximately 3:00 - 7:00 p.m. home swim meets. The dates of the home swim meets will be posted. Typically end of October till the end of February.

S.E.A.L.S

The S.E.A.L.S. (Swimming Elite at Lifestyles) is a youth non-competitive swim program that meets 2 & 3 days/week. Swimmers will work on stroke technique, speed endurance, proper stretching, sports nutrition, etc. Swimmers must be able to pass Red Cross Level 5 in order to participate. SEALS sessions run concurrently with the Learn-to-Swim Sessions. See dates above.

Family Open Swims (FOS):

Scheduled during dependent hours, the family open swim time is geared to, but not limited to, family entertainment. Toys and flotation devices can be available.

Special Programs:

Throughout the year the aquatic department will schedule special programs, such as Red Cross Lifeguard Training (LGT) and Water Safety Instructor (WSI)courses, stroke technique clinics, pool parties, and a variety of safety training workshops based on the needs and requests of our LifeStyles members. Watch the flyer racks, the rolling screen at the cardio-theater area and the bulletin boards for information on upcoming pool events and classes.