Cleveland Clinic
Akron General
LifeStyles

AQUATICS
SPRING/SUMMER Pool Schedule

Cleveland Clinic Akron General Health & Wellness Center, Stow

Schedule is subject to change without notice. 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							
9:00 AM	Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 11:00am					Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 6:00pm	Family Open Swim (FOS) & LAP Swim (L/E/R) 9:00am – 6:00pm
9:30 AM	Aqua Groove Leisure Pool 9:30-10:15am		Aqua Groove Leisure Pool 9:30-10:15am				
10:00 AM						Arthritis PT Pool 10:00am	
10:30 AM		Aqua Shallow Fit Leisure Pool 10:30-11:15am		Aqua Deep Leisure Pool 10:30-11:15am			
11:00 AM	Adult Lap Swim/Exercise/Recreation (L/E/R) 11:00am-3:30pm					Group Swim Lessons (times vary)	Aqua Groove Leisure Pool 11:30-12:15pm
3:30 PM	Family Open Swim (FOS) Leisure Pool 3:00pm – 5:30pm Stow Swim Team Practice (All lanes) 3:30pm – 5:30pm						Red Cross LG, WSI Courses (dates/times vary)
4:30 PM	Red Cross LGT, WSI, CSL and Adult LAP Swim (L/E/R)					Red Cross LG, WSI Courses (dates/times vary)	Group Swim Lessons 12pm-4:30pm
6:00 PM	Masters Swim (5 Lanes) 6-7:30pm	Group Swim Lessons 4:30pm-8:00pm	Masters Swim (5 Lanes) 6-7:30pm	SEALS (1-2 Lanes) 6-7pm		CENTER CLOSES AT 6 PM	
6:30 PM	Arthritis Therapy Pool 6:30-7:15pm		Arthritis Therapy Pool 6:30-7:15pm				
7:00 PM	Family Open Swim * Lap Swim (L/E/R) 7:00pm-10:00pm Adult Lessons 7:45pm-8:30pm	Aqua Bootcamp Leisure Pool 7:00-7:45pm					
7:30 PM	Arthritis Therapy Pool 7:30-8:15pm		Arthritis Therapy Pool 7:30-8:15pm				
10:00 PM	CENTER CLOSES AT 10:00 PM						

Yellow Areas = Dependent Hours

Mon – Thurs: 9:00am – 11:00am
3:00pm – 5:30pm
7:00pm – 10:00pm

Friday: 9:00am – 11:00am
3:00pm – 10:00pm

Sat-Sun: 9:00am – 6:00pm

Blue Areas = Group Exercise Classes
L/E/R = Adult Lap Exercise and Recreation

See back of schedule for more descriptions.

Swim Team practices begin in late October. Updated 9-28-26

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 or deep water or by holding on to the poolside. This is the best time to take advantage of unscheduled pool time. During busy pool times, swimmers may be asked to share a lane. 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 330-945-3131.

Aquatic Exercise Programs:

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

Stow Munroe Falls High School:

LifeStyles is proud to be the home of Stow Munroe Falls High School Swimming. Practices are held Monday - Friday from 3:30 - 5:30 p.m. from late October through late February. There are no lap lanes available in the Lap Pool during this time; however, accommodations can be made to put a lap lane in the Leisure Pool (just ask the Lifeguard). The LifeStyles lap pool will be closed from approximately 3:00 - 8:00 p.m. for home swim meets. The dates of the home swim meets will be posted.

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 days/week. Swimmers will work on stroke technique, speed, endurance, proper stretching techniques, etc. Swimmers must be able to pass Red Cross Level 3 to participate. SEALS sessions run concurrently with the Learn-to-Swim Sessions. See dates on swim lesson flier.

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 are available.

Special Programs:

Throughout the year the aquatic department will schedule special programs, such as Red Cross Lifeguard Training (LGT), Water Safety Instructor (WSI) courses, stroke technique clinics, snorkeling and SCUBA diving, 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.