

# Tamarack Pool Schedule Winter 2012 Starts January 2<sup>nd</sup>

<b>Time</b>	<b>Monday Open @ Noon</b>	<b>Tuesday Open@7:15am</b>	<b>Wednesday Open @ Noon</b>	<b>Thursday Open@7:15am</b>	<b>Friday Open @ Noon</b>	<b>Saturday Open @ 9am</b>	
<b>7:15am</b>	<b>Tamarack Pool Available for Rent Call (541) 686-9290</b>	<b>Lap Swim</b>	<b>Tamarack Pool Available for Rent Call (541) 686-9290</b>	<b>Lap Swim</b>	<b>Rental LESD &amp; Bridgeway House</b>	<b>Baby Swim &amp; Aqua Jog</b>	
<b>8:00am</b>		<b>Ai Chi</b>		<b>Ai Chi</b>			
<b>9:00am</b>		<b>Gentle Arthritis Stretch</b>		<b>Gentle Arthritis Stretch</b>			<b>Ai Chi</b>
<b>10:00am</b>		<b>Baby Swim &amp; Aqua Jog</b>		<b>Baby Swim &amp; Aqua Jog</b>			
<b>11:00am</b>		<b>Health Exercise &amp; Lap Swim</b>		<b>Health Exercise &amp; Lap Swim</b>			<b>Instructed Aquatic Fitness &amp; Lap Swim</b>
<b>12:00pm</b>	<b>Open Therapeutic Exercise</b>	<b>Open Therapeutic Exercise</b>	<b>Open Therapeutic Exercise</b>	<b>Open Therapeutic Exercise</b>	<b>Open Therapeutic Exercise</b>	<b>Open Therapeutic Exercise</b>	
<b>1:00pm</b>	<b>Arthritis Foundation Aquatics Program</b>	<b>Prenatal &amp; Baby Swim</b>	<b>Ai Chi</b>	<b>Prenatal &amp; Baby Swim</b>	<b>Baby Swim &amp; Lap Swim</b>	<b>Family Swim</b>	
<b>2:00pm</b>	<b>Instructed Aquatic Fitness</b>	<b>Rehab Swim &amp; Lap Swim</b>	<b>Instructed Aquatic Fitness</b>	<b>Rehab Swim &amp; Lap Swim</b>	<b>Tamarack Pool Available for Rent Call (541) 686-9290</b>	<b>Tamarack Pool Available for Rent Call (541) 686-9290</b>	
<b>3:00pm</b>	<b>Swimming Lessons</b>	<b>Swimming Lessons</b>	<b>Swimming Lessons</b>	<b>Swimming Lessons</b>			
<b>5:30pm</b>	<b>Up Tempo &amp; <i>Jr. Swim Team</i></b>	<b>Baby Swim &amp; <i>Lap Swim</i></b>	<b>Up Tempo &amp; <i>Lap Swim</i></b>	<b>Aqua Yoga</b>			
<b>6:30pm</b>	<b>Family Swim</b>	<b>Close @ 6:30</b>	<b>Family Swim</b>	<b>Close @ 6:30</b>			
<b>7:30pm</b>	<b>Close @ 7:30</b>		<b>Close @ 7:30</b>				

Please contact us for more information (541) 686-9290 or visit us at [www.tamarackwellness.org](http://www.tamarackwellness.org)