

**The Edward Schock Centre of Elgin
Fitness Center, Lap Swim, and Therapy Pool Reservation Schedule**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Workout	7-8:30am	6-7:30am	6-7:30am	6-7:30am	6-7:30am	6-7:30am	7-8:30am
Fitness Workout	9-10:30am	8-9:30am	8-9:30am	8-9:30am	8-9:30am	8-9:30am	9-10:30am
Fitness Workout	11-12:30pm	10-11:30am	10-11:30am	10-11:30am	10-11:30am	10-11:30am	11-12:30pm
Fitness Workout	1-2:30pm	12-1:30pm	12-1:30pm	12-1:30pm	12-1:30pm	12-1:30pm	1-2:30pm
Fitness Workout	3-4:30pm	2-3:30pm	2-3:30pm	2-3:30pm	2-3:30pm	2-3:30pm	3-4:30pm
Fitness Workout	Closed	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	Closed
Fitness Workout		6-7:30pm	6-7:30pm	6-7:30pm	6-7:30pm	6-7:30pm	
Lap Swim	Swim Team	6:15-7:15am	Swim Team	6:15-7:15am	Swim Team	6:15-7:15am	Swim Team
Lap Swim	9:15-10:15am	8:15-9:15am	8:15-9:15am	8:15-9:15am	8:15-9:15am	8:15-9:15am	9:15-10:15am
Lap Swim	11:15-12:15pm	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am	11:15-12:15pm
Lap Swim	1:15-2:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	1:15-2:15pm
Lap Swim	3:15-4:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	3:15-4:15pm
Lap Swim	Closed	Swim Team	4:15-5:15pm	Swim Team	4:15-5:15pm	Swim Team	Closed
Lap Swim			6:15-7:15pm		6:15-7:15pm		
Therapy Pool	7:15-8:15am	6:15-7:15am	6:15-7:15am	6:15-7:15am	6:15-7:15am	6:15-7:15am	7:15-8:15am
Therapy Pool	9:15-10:15am	8:15-9:15am	8:15-9:15am	8:15-9:15am	8:15-9:15am	8:15-9:15am	9:15-10:15am
Therapy Pool	11:15-12:15pm	Sherman Health Appointments Only					11:15-12:15pm
Therapy Pool	1:15-2:15pm						1:15-2:15pm
Therapy Pool	3:15-4:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	3:15-4:15pm
Therapy Pool	Closed	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	Closed
Therapy Pool		6:15-7:15pm	6:15-7:15pm	6:15-7:15pm	6:15-7:15pm	6:15-7:15pm	

**Slots available per time frame:
Fitness (35), Lap Swim (8), Therapy Pool (1)**