

**The Edward Schock Centre of Elgin  
Reservation Schedule**

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>Lanes 1-5</b>	Masters	6:00-7:15am		6:00-7:15am		6:00-7:15am		Masters	
<b>Lane 6-8</b>		6-6:35	6:40-7:15	6-6:35	6:40-7:15	6-6:35	6:40-7:15		6-6:35
<b>Lanes 1-5</b>	9:00-10:15am	8:00-9:15am		8:00-9:15am		8:00-9:15am		9:00-10:15am	
<b>Lane 6-8</b>	9-9:35   9:40-10:15	8-8:35   8:40-9:15	8-8:35   8:40-9:15	8-8:35   8:40-9:15	8-8:35   8:40-9:15	8-8:35   8:40-9:15	8-8:35   8:40-9:15	9-9:35   9:40-10:15	
<b>Lanes 1-5</b>	11:00-12:15am	**10:00-11:15am		10:00-11:15am		**10:00-11:15am		11:00-12:15am	
<b>Lane 6-8</b>	11-11:35   11:40-12:15	Water Aerobics		10-10:35   10:40-11:15	Water Aerobics		10-10:35   10:40-11:15	Water Aerobics	11-11:35   11:40-12:15
<b>Lanes 1-5</b>	Elgin Cyclones	12:00-1:15pm		12:00-1:15pm		12:00-1:15pm		12:00-1:15pm	
<b>Lane 6-8</b>		12-12:35	12:40-1:15	12-12:35	12:40-1:15	12-12:35	12:40-1:15	12-12:35	12:40-1:15pm
<b>Lanes 1-5</b>		2:00-3:15pm		2:00-3:15pm		2:00-3:15pm		2:00-3:15pm	
<b>Lane 6-8</b>		2-2:35	2:40-3:15	2-2:35	2:40-3:15	2-2:35	2:40-3:15	2-2:35	2:40-3:15
<b>Lanes 1-5</b>	Closed	4:00-5:15pm		4:00-5:15pm		4:00-5:15pm		4:00-5:15pm	
<b>Lane 6-8</b>		Elgin Cyclones	4-4:35	4:40-5:15	Elgin Cyclones	4-4:35	4:40-5:15	Elgin Cyclones	Closed
<b>Lanes 1-5</b>			6:00-7:15pm			6:00-7:15pm			
<b>Lane 6-8</b>		6-6:35	6:40-7:15	6-6:35	6:40-7:15	6-6:35	6:40-7:15	6-6:35	6:40-7:15

Slots available per time frame:  
**Fitness (45), Lap Swim (8), Therapy Pool (2)**  
**\*\*Water Aerobics – only 4 slots available**