

**The Edward Schock Centre of Elgin
Reservation Schedule starting on October 3, 2020**

	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	Masters	6-7:15am	6-7:15am	Masters	6-7:15am	6-7:15am	Masters	
Lap Swim	9-10:15am	8-9:15am	8-9:15am	8-9:15am	8-9:15am	8-9:15am	9-10:15am	
Lap Swim	11-12:15pm	**10-11:15am	10-11:15am	**10-11:15am	10-11:15am	**10-11:15am	11-12:15pm	
Lap Swim	Elgin Cyclones	12-1:15pm	12-1:15pm	12-1:15pm	12-1:15pm	12-1:15pm	Elgin Cyclones	
Lap Swim		2-3:15pm	2-3:15pm	2-3:15pm	2-3:15pm	2-3:15pm		
Lap Swim	Closed	Elgin Cyclones	4-5:15pm	Elgin Cyclones	4-5:15pm	Elgin Cyclones	Closed	
Lap Swim		Elgin Cyclones	6-7:15pm	Elgin Cyclones	6-7:15pm	Elgin Cyclones		
Therapy Pool	7-8:15am	6-7:15am	6-7:15am	6-7:15am	6-7:15am	6-7:15am	7-8:15am	
Therapy Pool	9-10:15am	8-9:15am	8-9:15am	8-9:15am	8-9:15am	8-9:15am	9-10:15am	
Therapy Pool	11-12:15pm	Sherman Health Appointments Only					11-12:15pm	
Therapy Pool	1-2:15pm						1-2:15pm	
Therapy Pool	3-4:15pm	2-3:15pm	2-3:15pm	2-3:15pm	2-3:15pm	2-3:15pm	3-4:15pm	
Therapy Pool	Closed	4-5:15pm	4-5:15pm	4-5:15pm	4-5:15pm	4-5:15pm	Closed	
Therapy Pool		6-7:15pm	6-7:15pm	6-7:15pm	6-7:15pm	6-7:15pm		

**Slots available per time frame:
Fitness (45), Lap Swim (8), Therapy Pool (1)
** Water Aerobics – only 4 slots available**