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Fall 2022  
Therapy Pool Schedule  
Nov. 21<sup>st</sup> – Dec. 16<sup>th</sup> 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Independent Workout</b> 5:30am – 8:30am	<b>Pool Closed</b> Until 8:00am	<b>Independent Workout</b> 5:30am – 9:55am	<b>Pool Closed</b> Until 8:00am	<b>Independent Workout</b> 5:30am – 8:30am	
	<b>Aquacisers Head to Toe</b> 8:30am – 9:25am	<b>Aquacisers Head to Toe</b> 8:30am – 9:25am	<b>Early Intervention Baby Movement</b> 10:00am – 11:00am	<b>Aquacisers Head to Toe</b> 8:30am – 9:25am	<b>Aquacisers Head to Toe</b> 8:30am – 9:25am	<b>Aqua Aerobics</b> 8:30am – 9:25am
	<b>Ai Chi</b> 10:00am – 10:55am	<b>Aqua Workout</b> 10:00am – 10:55am	<b>Independent Workout</b> 11:00 – 11:55	<b>Aqua Workout</b> 10:00am – 10:55am	<b>Independent Workout</b> 9:30am – 11:55am	<b>Water Babies</b> 9:45-10:15am
	<b>Independent Workout</b> 10:55 – 11:55am	<b>Independent Workout</b> 10:55 – 11:55am	<b>Ai Chi</b> 12:00pm – 12:55pm	<b>Independent Workout</b> 10:55 – 11:55am	<b>Walk &amp; Strength</b> 12:00 – 12:55pm	<b>Family Swim</b> 10:30-12:00pm
	<b>School Group</b> 1:00pm-3:00pm	<b>School Group</b> 1:00pm-3:00pm	<b>Independent Workout</b> 1:00-2:55pm	<b>School Group</b> 1:00pm-3:00pm	<b>School Group</b> 1:00pm-3:00pm	
	<b>Swim Lessons</b> 4:30-6:30pm	<b>Mermaid Group</b> 3:00pm – 3:55pm	<b>Swim Lessons</b> 4:30-6:30pm	<b>Mermaid Group</b> 3:00pm – 3:55pm	<b>Independent Workout</b> 5:30-6:30pm	
	<b>Rec Swim</b> 6:30pm-8:30pm	<b>Water Babies</b> 5:00 – 5:30pm <b>Swim Lessons</b> 5:30-8:30pm	<b>Rec Swim</b> 6:30pm-8:30pm	<b>Swim Lessons</b> 5:30-8:30pm	<b>Rec Swim</b> 6:30pm-8:30pm	

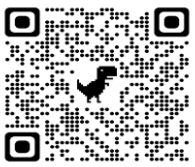
Warren H. Daugherty		1440 S 8th St, Cottage Grove, OR 97424		541-942-5533
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**\*Closure Dates\***  
 11.24 Full Day Closure Thanksgiving  
 11.25 Full Day Closure Thanksgiving

Winter Break Schedule Coming Soon      Dec 17<sup>th</sup> – Jan 3<sup>rd</sup> 2022

What is Middle School Madness??

Middle School Madness is an annual event where we open our facility to Lincoln Middle School and host Every period of the day. This is an incredible opportunity for students to learn Water Safety and Swim Skills. Our schedule is a bit different during this 4-week event, but your routine time slots will return after.



Scan to visit our Website!



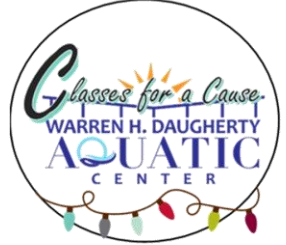
Fall 2022  
Lap Pool Schedule  
Nov. 21<sup>st</sup> – Dec. 16<sup>th</sup> 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:30am – 8:30am	Lap Swim 8:00am – 8:30am	Lap Swim 5:30am – 9:00am	Lap Swim 8:00am – 8:30am	Lap Swim 5:30am – 8:30am	Lap Swim 8:30-10:15am
	School Group 9:00am-11:30am	School Group 8:30am – 11:30am	School Group 9:00am-11:30am	School Group 9:00am-11:30am	School Group 9:00am-11:30am	Family Swim 10:30-12:00pm *2 Lap Lanes
	Lap Swim 11:30-12:30pm	Lap Swim 11:30-12:30pm	Lap Swim 11:30am-2:55pm	Lap Swim 11:30-12:30pm	Lap Swim 11:30-12:30pm	
	School Group 12:30 – 3:00pm	School Group 12:30 – 3:00pm		School Group 12:30 – 3:00pm	School Group 12:30 – 3:00pm	School Group 12:30 – 3:00pm
	High School Practice 3:30pm –5:30pm	High School Practice 3:30pm –5:30pm	High School Practice 3:30pm –5:30pm	High School Practice 3:30pm –5:30pm	High School Practice 3:30pm –5:30pm	Pool Rentals Available!
	CGAL Practice 5:30-6:25pm	CGAL Practice 5:30-6:25pm	CGAL Practice 5:30-6:25pm	CGAL Practice 5:30-6:25pm	CGAL Practice 5:30-6:25pm	
	BootCamp 5:30-6:25pm	Swim Lessons 5:30-8:30pm	Lap Swim 5:30-6:25pm	Swim Lessons 5:30-8:30pm	Lap Swim 5:30-6:25pm	
	Rec Swim 6:30pm-8:30pm		Rec Swim 6:30pm-8:30pm		Rec Swim 6:30pm-8:30pm	

Warren H. Daugherty  1440 S 8th St, Cottage Grove, OR 97424  541-942-5533



Fall Swim Lesson Schedule



Jan. 3<sup>rd</sup> – Feb 3<sup>rd</sup> 2023  
Sign Up Now!



Inclement weather Updates will be posted in our News & Announcements section on our website

Fall Session Four November 28<sup>th</sup> – December 22<sup>nd</sup>  
Winter Swim Lesson Dates Coming Soon!