

May Pool Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3	4 Aerobics 10-11am UWH 6:30-7:30pm	5 Aerobics 10-11am	6 Aerobics 10-11am	7 Aerobics 9-10am Aerobics 10-11am UWH 6:30-7:30pm	8 Aerobics 9-10am CDL 11-2pm	9 CDL 1-4pm
10	11 Aerobics 10-11am UWH 6:30-7:30	12 Aerobics 10-11am	13 Aerobics 10-11am	14 Aerobics 9-10am Aerobics 10-11am UWH 6:30-7:30pm	15 CHS Scuba 9-2pm Aerobics 10-11am	16 CHS Scuba 1-5pm
17	18 Aerobics 10-11am UWH 6:30-7:30pm	19 Aerobics 10-11am	20 Aerobics 10-11am	21 Aerobics 9-10am Aerobics 10-11am UWH 6:30-7:30pm	22 Aerobics 10-11am CDL 11-2pm	23 CDL 1-4pm
24	25 Aerobics 10-11am UWH 6:30-7:30pm	26 Aerobics 10-11am	27 Aerobics 10-11am	28 Aerobics 9-10am Aerobics 10-11am	29 CHS Scuba 9-2pm Aerobics 10-11am	30 CHS Scuba 1-5pm

				UWH 6:30-7:30pm		
31 Memorial Day Open 8am-2:30pm	June 1 Aerobics 10-11am UWH 6:30-7:30pm	2 Aerobics 10-11am	3 Aerobics 10-11am	4 Aerobics 9-10am Aerobics 10-11am UWH 6:30-7:30pm	5 CDL 11-2pm	6 CDL 1-4pm

*No group lessons until further notice

**For private swim lessons, email Kim at kcoury@standrewsfitness.com telling her your ideal schedule, if your child has any water experience, and how old your child is. After that, Kim or one of her instructors will be in contact with you as soon as possible.

***The minimum age for swim lessons is 3 years old, anything younger will be recommended to the ISR program.

- Pool is open 5am-7:30pm Monday through Friday, 8am-4:30pm Saturdays, and 1pm-5:30pm Sundays
- Lap swimming is available 5am-7:30pm
 - Lanes open will depend on reservations

Underwater Hockey

Underwater hockey is a fast moving game that quickly builds swimming and free diving capabilities. It is co-ed, a great workout, and a lot of fun! It is played on the bottom of a 6-8 feet swimming pool by two teams of six. Players wear fins, mask, snorkel, and a protective glove and headgear (the same kind as for water polo).

The stick is short (1 ft.), the puck is heavy (3 lbs.), Play and strategy are similar to soccer or ice hockey except that the playing service is at the bottom of a pool. The rules are “non-contact” and players generally cover zones around the puck.

Success (scoring) ultimately depends on teamwork, since no single player can hold his/her breath forever. Play is fast and exciting – you go at it hard while holding your breath. The sport offers great cross-training for runners, swimmers, and bikers.

Plus, because it’s non-contact and underwater, people of different sizes and genders play on an equal field.

The club has gear to lend to new players, but if you have a mask and snorkel you are comfortable with, please bring them along.

For more information on joining, contact David Wyanski at

dwyanski@yahoo.com

Official Charleston Blockade Runners Website