

Pool and Recreation Schedule

September 8, 2015 - January 3, 2016

	Indoor Aquatic Center					Gymnasium			
Day/Activity	Adult Lap	Adult Therapy	Kiddie Area Swim	Open Swim	Slide Hours	Adult Volleyball	Pickle Ball	Badminton	Basketball
Monday	5:30-10am 11am-2pm	5:30-10am 11am-2pm 6:45-9:50pm	10-10:45am 1-2pm	6:45-8:55pm	6:45-8:55pm	8-10:15pm 9:30-11am(50+)	11:30am-2pm (50+)	6-9am 2-3:30pm (50+)	5am-10:30pm
Tuesday	5:30-8:45am 11am-2pm	5:30-8:45am 11am-2pm 4:30-6:45pm	10-10:45am 1-2pm	4:30-6:45pm	4:30-6:45pm			8:30-10:25pm	5am-1pm 2:45-10:30pm
Wednesday	5:30-10am 11am-2pm	5:30-10am 11am-2pm 6:45-9:50pm	10-10:45am 1-2pm	6:45-8:55pm	6:45-8:55pm	8:45-10:15pm	6-8:30pm	6-9am	5-9am 10am-8pm
Thursday	5:30-8:45am 11am-2pm	5:30-8:45am 11am-2pm 4:30-6:45pm	10-10:45am 1-2pm	4:30-6:45pm	4:30-6:45pm	9:30-11am(50+)		8:15-10:25pm	5am-8pm
Friday	5:30-10am 11am-2pm	5:30-10am 11am-2pm 6:45-9:30pm	10-10:45am 1-2pm	6:45-9:00pm	6:45-9:00pm	8:15-10pm	*10:30am-2pm (50+)	6-9am 9-10:15am (50+)	5am-10pm
Saturday	7:15-9am	7:15-9am 11:30am-6:30pm		11:30am-6:30pm	11:30am-6:30pm				7am-8pm
Sunday	8:15-11:30am (2-lanes available)	8:15am-5pm		11:30am-5pm	11:30am-5pm			Family 2-3pm Open 3-5:55pm	8am-6pm
One lap lane will be available during open swim seven days a week!						* Note: North Gym will close 15 minutes before these times for setup!			

Only one lap lane available for lap swim on days school is out.

Two lap lanes may be available during some open swim times unless that lane is used for programming (ie. private lessons, lifeguarding class)

Fitness Room & Open Gym Hours

5am-10:30pm (Monday - Thursday)
5am-10pm (Fridays)
7am-8pm (Saturdays)
8am-6pm (Sundays)

Kids Korner Hours

8:30am-12:30pm (Monday - Saturday)
4-8pm (Monday - Friday)

NOTICE TO ALL PICKLEBALL, ADULT VOLLEYBALL, and BADMINTON PARTICIPANTS!

Due to AquaCamp and the increase in gym use on November 27 and Holiday Break, the following open recreation will be **cancelled** November 27, and December 24 - January 2: *Adult Volleyball, Pickleball and Badminton*

WITH THE FOLLOWING EXCEPTIONS:

6-9am Mon/Wed/Fri Badminton

December 21 - January 2 Swim Times

M-W 5:45-10am (adult lap/therapy)
Mon/Wed 11am-9pm (open swim)
Tues 11am-6:45pm (open swim)

**** This schedule can be altered by a supervisor, contact the Control Desk at 248.526.2655**

50+ rate of \$4 per person on Mondays and Fridays from 5am-3pm!

September 7, November 26, and December 24

7am-2pm (Fitness Room)
7:15am-10am (adult lap/therapy)
10am-1:30pm (open swim)

November 27 5am-10pm (fitness room, gym)
5:30am-10am (adult lap/therapy)
10am-9pm (open swim)

December 31 7am-6pm (fitness room, gym)
7:15-10am (adult lap/therapy)
10am-5pm (open swim)
5-8:30pm (Family Night)

January 1 8am-8pm (fitness room, gym)
8:15-10am (adult lap/therapy)
10am-7:30pm (open swim)



Gym, Pool & Special Information

September 8, 2015—January 3, 2016

Open Gym for Passholders

Participants may engage in any gym activity. The activity must not interfere with other activities in the gym or have the potential to damage the floor or injure other participants. Basketball will have priority in the south gym. The north gym may not be available when programs, badminton, or volleyball are taking place. *Basketball* games are played to 10 by ones or a 15 minute max, which ever comes first. The winning team can stay for a maximum of two consecutive games. *No full court games when a second court is unavailable.*

Badminton

The Badminton nets will be set up for play and games played to 15. Teams will rotate after each game. If there are not any badminton participants open recreation play will exist provided the badminton nets and poles do not interfere with the activity. Participants must bring their own equipment. *Family time* is designated for parents with children 13 years and younger.



Adult Volleyball

The volleyball net will be set up for play and games played to 15. The winner or winning team will stay a maximum of two games. If there are not any volleyball participants, open recreation play will exist provided the volleyball net and poles do not interfere with the activity. ***Adult Volleyball is intended for the intermediate to advanced level of play.***

Pickle Ball

A game that combines tennis, badminton and ping-pong. Played with wooded paddles and a plastic whiffle ball on a regulation badminton court with the nets lowered. Equipment is provided.

SERVICES

Massage Therapist

A Massage Therapist is available at the Community Center. Schedule an appointment or call 248. 526.2657 for more information.

Personal Trainers

Personal training is available at the Community Center. Schedule an appointment or call 248. 526.2657 for more information.

Birthdays Parties and Special Celebrations

Have a hassle free Birthday Party or special celebration here at the Community Center! Pool, gym, and bouncer packages are available. Contact Ali Miller at the Recreation office at 248.524.3484 for more information.



Adult Lap/ Therapy Swim

Ages 18 and older. Lap lanes and therapy pool is available during designated times. Therapy pool and one lap lane are also available during open swim. *Private lessons may take place at these times.*



Open Swim

All ages welcome. Children under 6 must be directly supervised in the water by an individual 16 or older. Children 10 and younger must be accompanied by an adult in the pool area. The leisure and slide areas will be open. Adults have use of the Therapy pool and at least one lap lane (M-F). *Private lessons may take place at these times.*

Kiddie Area Swim

The Kiddie Area is open for children and their parents/adult supervisor. Adult must enter the water with children. Only spray features, boat slide, and kiddie area are open. No slides or main pool available.

Family Nights at Community Center

Families are encouraged to an inexpensive and fun night out. Spend quality time together and enjoy swimming at the Aquatic Center. Buy a family 4 pack for \$10 residents, and \$14 non-residents. Additional family members are \$2.50/resident and \$3.50/non-resident. These take place the 2nd and 4th Saturday of the month from 5-7:45pm

Drop-In Passes for Fifty Forward Exercise

Classes

Attend the senior exercise classes on a drop-in basis by purchasing a daily pass to a 1 time, 50 minute class. Can be used for many Fifty Forward exercise classes. Purchase a pass at the Community Center desk and show your receipt to the instructor. See the Fifty Forward newsletter for offerings.

Fitness Passport!

This pass entitles the patron to have all of the options of an Unlimited Recreation Pass holder PLUS the opportunity to participate in a select list of fitness classes (class list can be picked up at the Control Desk). This gives the patron unlimited possibilities of what they can add to their workouts! Matinee Fitness Passport holders can attend classes Monday-Friday, between 8 am and 3 pm only.

Passport Type	Res	NR Emp	Non-Res
Adult (18+)	\$29/mo	\$33/mo	\$39/mo
Matinee	\$21.75/mo	\$24.50/mo	\$29/mo

Troy Community Center: 3179 Livernois, Troy, 48083; 248.524.3484

Control Desk: 248.526.2655

<http://www.troymi.gov/ParksRec/CommunityCenter/>

Pool and Recreation Schedule on back