Orange Community Education & Recreation

216-831-8601 x 2317 www.orangerec.com

January 2019

Orange High School Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 7 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-5:45 GLSS Jr. Sailfish 5:45-7:30 GLSS Fins 7:30-9 Masters Swim Team	**8** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDB Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr. Sailfish 5:45-7:30 GLSS Fins 7:30-9 Open Swim	**9** 6:30-8:30 Orange HS ST 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 5:45-7:30 GLSS Fins 7:30-9 Masters Swim Team	**10** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDG Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr Sailfish 5:45-7:30 GLSS Fins 7:30-9 Open Swim	**11** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 4:45-6:30 GLSS Fins	**12** 7-9 Orange HS Swim Team 9-11 Private Swim Lessons 12-4 OHS Swim Meet Vs. Kenston 4-8 JAW Scuba	**13** 12-1:30 Masters 1:30-5:30 JAW Scuba
14 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-5:45 GLSS Jr. Sailfish 5:45-7:30 GLSS Fins 7:30-9 Masters Swim Team	**15** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDB Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr. Sailfish 5:45-7:30 GLSS Fins 7:30-9 Open Swim	**16** 6:30-8:30 Orange HS ST 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 5:30-6:15 Introductory Diving 5:45-7:30 GLSS Fins 6:15-7:15 Intermediate Diving 7:30-9 Masters Swim Team	**17** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDG Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr Sailfish 5:45-7:30 GLSS Fins 7:30-8:10 Beginner Adult LTS 7:30-9 Open Swim 8:10-8:50 Intermediate Adult LTS	**18** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4-8:30 CVC Diving Meet *GLSS Swim Team Cancelled*	**19** 7-9 Orange HS Swim Team *OHS away at CVC* 9-11 Private Swim Lessons 1:30-4 Open Swim 4-6 Kayak Roll	**20** 12-1:30 Masters
21 9-11 Orange HS Swim Team 9-11 Orange HS Dive Team CLOSED – Martin Luther King Day	**22** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDB Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-9 Orange HS Swim Team meet Vs. Notre Dame / St Joes *GLSS & Open Swim Canceled*	**23** 6:30-8:30 Orange HS ST 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 5:30-6:15 Introductory Diving 5:45-7:30 GLSS Fins 6:15-7:15 Intermediate Diving 7:30-9 Masters Swim Team	**24** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDG Program 10-3 Hillcrest Dive & Rescue 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr Sailfish 5:45-7:30 GLSS Fins 7:30-8:10 Beginner Adult LTS 7:30-9 Open Swim 8:10-8:50 Intermediate Adult LTS	**25** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 4-6 Orange HS Swim Team 4:15-5:15 Orange HS Diving 6-9 Orange HS Swim Meet Vs. Chagrin Falls *GLSS Cancelled*	**26** 7-9 Orange HS Swim Team 9-12 Learn to Swim 12-1:30 Adaptive LTS & ST 1:30-4 Open Swim 4-7 PDR Scuba	**27** 12-1:30 Masters ST 1:30-4:30 PDR Scuba
28 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-5:45 GLSS Jr. Sailfish 5:45-7:30 GLSS Fins 6-9 PDR Scuba (Diving Well ONLY) 7:30-9 Masters Swim Team	**29** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDB Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr. Sailfish 5:45-7:30 GLSS Fins 7:30-9 Open Swim	**30** 6:30-8:30 Orange HS ST 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 5:30-6:15 Introductory Diving 5:45-7:30 GLSS Fins 6:15-7:15 Intermediate Diving 7:30-9 Masters Swim Team	**31** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 8:30-9:30 NDG Program 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 5-6 GLSS Sailfish Prep 6-6:45 GLSS Jr Sailfish 5:45-7:30 GLSS Fins 7:30-8:10 Beginner Adult LTS 7:30-9 Open Swim 8:10-8:50 Intermediate Adult LTS	**February 1** 6-7 Orange HS Swim Team 7-8:30 Morning Lap Swim 9-10 Aqua Exercise 11-1 Noon Lap Swim 3-5 Orange HS Swim Team 4:15-5:15 Orange HS Diving 4:45-6:30 GLSS Fins	**2** 7-9 Orange HS Swim Team 9-12 Learn to Swim 12-1:30 Adaptive LTS & ST 1:30-4 Open Swim 4-8 JAW Scuba	**3** 12-1:30 Masters ST 1:30-5:30 JAW Scuba