



Pool Schedule - September 9 - October 31, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	Aqua Cardio			Aqua Cardio			
8:30 AM	Stretch & Flex						
9:00 AM		Total Fitness	Stretch & Flex	Total Fitness	Aqua Jog		
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Adult Lap Lanes	Adult Lap Lanes	Adult Lap Lanes	Adult Lap Lanes	Adult Lap Lanes	Adult Lap Lanes	Adult Lap Lanes
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Swim Lessons	Swim Lessons	Family Swim	Swim Lessons	Swim Lessons	Family Swim	Family Swim
5:30 PM							
6:00 PM		Swim Team		Swim Team			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Family Swim	Family Swim		Family Swim	Aqua Zumba		
8:30 PM							
9:00 PM							

Attention Parents:

- *Children under 8 years old must have a parent/guardian IN THE WATER WITH THEM AT ALL TIMES.
- *Any child wearing a 2-4 layer floatation must be within arms reach of parent or guardian at all times
- *Children 9-12 years old must have parent/guardian on the pool deck.
- *To engage all members equally, multiple activities are often scheduled in the pool at the same time.

Lap Swimmers:

We encourage circle swimming - please note that -

- *If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half format. Please try to choose a lane with swimmers that most nearly match your speed. The entrance of a 3rd person changes the lane to 'circle' swim.
- *When entering a lanes, please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are joining the lane.
- *The entrance of a third person immediately changes the lane to "circle" swimming.
- *Please be advised that Family Swim will end 15 minutes prior to any evening adult exercise class that is held in lanes 1 & 2.
- *Lap swimming and use of kickboards, barbells or any water exercise equipment is not permitted in Family Swim Areas.