



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

Pool Schedule WINTER 2020	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Schedule November 10-March 4 and is subject to change Multiple activities are often scheduled in this pool at the same time.</p> <p>Swimming Tips 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 there.</p> <p>Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.</p> <p>Speed Please try to choose a lane with swimmers that most nearly match your speed.</p> <p>Shower Please shower with warm water and soap before entering the pool or hot tub.</p> <p>Clothing Proper swim attire is required. Infants must wear a swim diaper. No street shoes on pool deck</p>	5:30-8:30 Adult	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	5:30-9:00 Adult	7:00-9:00 Adult	
		8:00-9:00 Aquatone/ED	8:30-9:30 AquaFit	8:00-9:00 Aqua-fit			
	8:30-9:30 AquaFit/Winnie	9:00-10:00 Adult	9:30-10:00 Adult	9:00-9:30 Adult	9-10:00 Aqua Sampler Winnie	9:00-9:30 Lessons A/water discovery B/water exploration NO LAP	
	9:30-10:00 OPEN			9:30-10:30 Warm Water Ex NO LAP 10:15-11:00		9:00-9:30 Lessons 1/acclimation (P) 1/acclimation (Y) NO LAP	
	10:00-11:00 Warm Water Ex NO LAP 10:15-11:00	10:00-11:00 Warm Water Ex NO LAP 10:15-11:00	10:00-11:00 Warm Water Ex NO LAP 10:15-11:00	NO LAP 9:30-12	10:00-11:00 Warm Water Ex NO LAP 10:15-11:00	9:30-10:00 Lessons 2/movement (P) 2/movement (Y) 9:45-10:30 3/water stamina (Y) NO LAP	Adult 10:00-12:00
	11-5:30 Open	11:00-12:00 Family Swim Laps Open	11:00-12:00 OPEN	10:30-12:00 Preschool NO LAP	11:00-4:45 Open	10:00-10:30 Lessons 3/stamina (P&Y) NO LAP	
		12-4 Open	12:00-2:00 POOL CLEANING	12-5:30 Open	4-4:30 Private Lessons	10:15-11:00 Lessons 4/stroke intro 10:30-11:15 5/6 stroke dev/mech NO LAP	Open 12:00-2:00
			2:00-5:30 OPEN		5:00-5:30 Lessons 1/water acclimation(P&Y) 2/water movement(P&Y) NO LAP	11-11:45 Lessons Adult swim privates 11:30-12:00 Lessons Autism swim privates NO LAP	
					5:30-6:00 Lessons 2/water movement (P) 5:45-6:30 2/water movement (Y) NO LAP	12:00-2:30 OPEN	
		4:15-5 Lessons Level 1 Laps Open			6:00-6:30 Lessons 3/water stamina(P&Y) NO LAP	2:30-3:30 Special Olympics Pool Closed	
	5:30-6:30 AquaFit	5-5:45 Lessons Level 2 5:45-6:30 Lessons Level 3 6:00-7:15 Lessons Level 4 7:15-8 Lessons Level 5 One Lap Open	5:30-6:30 AquaFit	5:30-6:30 AquaFit	6:30-7:15 Lessons 3/water stamina 6:45-7:30 4/stroke intro NO LAP		
	6:30-7:15 AQUAFIT	6:30-7:15 Aquatone Casey	6:30-7:15 Aqua Step/ Winnie	AquaFit 6:30-7:15	7:15-8:00 Lessons 5/stroke Dev&6 mechanic 7:30-8:15 4/stroke intro 5/development NO LAP		
	7:15-8:25 OPEN	7:15-8:25 OPEN	7:15-8:25 OPEN	7:15-8:25 OPEN	7:30-8:25 OPEN		



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