



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

Pool Schedule Fall 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
Schedule Begins <b>September 4, 2018</b> and is subject to change	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	7:00-8:00 Adult	C
Multiple activities are often scheduled in this pool at the same time.	8:00-8:30 Adult	8:00-9:00 Aquatone/Ed	8:00-8:45 AquaFit/Kim	8:00-9:00 AquaFit/Naida	8:00-9:00 Adult	8:00-9:00 Adult	L
<b>Swimming Tips</b> 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.	8:30-9:30 AquaFit/Winnie	9:00-9:30 Adult	9:30-10:00 Adult	9:00-9:30 Adult	9:00-10:00 Aqua Sampler/ Winnie	<b>9:00-9:30</b> A/Water Discover B/Water Exploration <b>NO LAP</b>	O
<b>Directions</b> 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.	9:30-10:00 OPEN	9:30-10:00 Adult		9:30-10:00 Adult		<b>9:00-9:30</b> 1/Preschool Acclimation 1/Youth/Water Acclimation <b>NO LAP</b>	S
<b>Speed</b> Please try to choose a lane with swimmers that most nearly match your speed.	10:00-11:00 Warm Water Ex <b>NO LAP</b> <b>10:15-11:00</b>	10:00-11:00 Warm Water Ex <b>NO LAP</b> <b>10:15-11:00</b>	10:00-11:00 Warm Water Ex <b>NO LAP</b> <b>10:15-11:00</b>	10:00-11:00 Warm Water Ex <b>NO LAP</b> <b>10:15-11:00</b>	10:00-11:00 Warm Water Ex <b>NO LAP</b> <b>10:15-11:00</b>	<b>9:30-10:00</b> 2/Water Movement(P&Y) <b>9:45-10:30</b> 3/Water Stamina <b>NO LAP</b>	E
<b>Shower</b> Please shower with warm water and soap before entering the pool or hot tub.	11:00-12:00 OPEN	<b>11:00-12:00</b> <b>PRESCHOOL</b> <b>NO LAP</b>	11:00-12:00 OPEN	<b>11:00-12:00</b> <b>PRESCHOOL</b> <b>NO LAP</b>	11:00-12:00 OPEN	<b>10:00-10:30</b> 3/Water Stamina (Y&P) <b>NO LAP</b>	D
<b>Clothing</b> Proper swim attire is required. Infants must wear a swim diaper. No street shoes on pool deck	12:00-3:00 OPEN	12:00-3:00 OPEN	<b>12:00-2:00</b> <b>Pool Closed</b> <b>CLEANING</b>	12:00-2:00 OPEN	12:00-3:00 OPEN	<b>10:15-11:00</b> 4/stroke introduction <b>10:30-11:15</b> 5/Stroke Development 6/Stroke Mechanics <b>NO LAP</b>	
				2:00-3:30 OPEN	3:00-4:45 OPEN	11:00-11:30 Autism Swim Class <b>NO LAP</b>	
	3:00-4:30 OPEN	3:00-4:00 OPEN	3:00-4:30 OPEN	3:30-4:00 OPEN	<b>5:00-5:30</b> 1 Water Acclimation(Y&P) <b>5:30-6:00</b> 2/Water Movement (P) <b>NO LAP</b>	12:00-2:30 OPEN <b>POOL CLOSES AT 2:30</b>	
	4:30-5:30 OPEN	4:00-5:00 OPEN	4:30-5:30 OPEN	4:00-5:00 OPEN	<b>5:45-6:30</b> 2/Water Movement (Y) <b>6:00-6:30</b> 3/Water Stamina <b>NO LAP</b>	2:30-3:30 Special Olympics <b>NO LAP</b>	
	5:30-6:30 AquaFit	5:00-6:30 OPEN	5:30-6:30 AquaFit	5:30-6:30 AquaFit	<b>6:30-7:15</b> 3/Water Stamina(Y) <b>6:45-7:30</b> 4/Stroke Intro <b>NO LAP</b>		
	6:30-7:15 AquaFit	6:30-7:15 Aquatone/ Sue	6:30-7:15 OPEN	6:30-7:15 AquaFit/ Sue	<b>7:15-8:00</b> 5/Stroke Dev 6/Stroke Mech <b>7:30-8:15</b> Adult Lessons		
	7:15-8:25 OPEN	7:15-8:25 OPEN	7:15-8:25 OPEN	7:15-8:25 OPEN	<b>7:15-8:15</b> <b>1 Lane Open</b> OPEN till 8:25		