



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Pool Schedule SPRING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
Schedule Begins March 24, 2019 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	7:00-9:00 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	8:00-9:0 Aquafit/Naida	8:00-9:00 Adult	7:30 & 8:00 Autism private 8:00 & 8:30 private les	L
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.	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	9:00-9:30 A/B Disc/exploration	O
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.	9:30-10:00 OPEN	9:30-10:00 Adult	9:30-10:00 Adult	9:30-10:00 Adult		9:00-9:30 1/preschool acclimation 1/youth/water acclimation NO LAP	S
Speed Please try to choose a lane with swimmers that most nearly match your speed.	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	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	9:30-10:00 2/water movement(P&Y) 9:45-10:30 3/water stamina (Y) NO LAP	E
Shower Please shower with warm water and soap before entering the pool or hot tub.	11:00-12:00 CLOSED	11:00-12:00 PRESCHOOL NO LAP	11:00-12:00 OPEN	11:00-12:00 PRESCHOOL NO LAP	11:00-4:45 OPEN 4:00 & 4:30 private Lessons	10:00-10:30 3/water stamina (Y&P) NO LAP	D
Clothing Proper swim attire is required. Infants must wear a swim diaper. No street shoes on pool deck.	12:00-3:00 OPEN	12:00-4:00 OPEN	12:00-2:00 Pool Closed CLEANING	12:00-1:00 OPEN	5:00 -5:45 1/wat acclimation (Y&P) 5/6 stroke dev& mechanics 5:30-6:00 2/water movement (P) NO LAP	10:15-11:00 4/stroke introduction 10:30-11:15 5/stroke development 6/stroke mechanics NO LAP	
	3:00-4:30 OPEN	*LAP ONLY* *4:15-5:00 * 1/ w accl (Y&P) *5:00-5:45 * 2/wmove (Y&P) *	2:00-3:00 OPEN	1:00-3:30 OPEN	5:45-6:30 2/water movement (Y)	11:00-11:45 Adult swim lessons NO LAP	
	4:30-5:30 OPEN	5:45-6:30 3/ w stamina 1 LAP OPEN	3:00-5:30 OPEN	3:30-5:00 OPEN	6:00-6:45 3/Water stamina (Y&P) 6:30-7:15 3/Water stamina (Y) NO LAP	11:30& 12:00 Autism private 12:00-2:30 OPEN POOL CLOSSES AT 2:30	
	5:30-6:30 Aquafit	6:15-7:15 Aquatone 1 LAP OPEN	4:30-5:30 OPEN	5:30-6:30 Aquafit	6:45-7:30 4/stroke intro NO LAP	2:30-3:30 Special Olympics NO LAP	
	6:30-7:15 Aquafit	7:15-8:00 5&6/ St dev & St mech 1 LAP OPEN	5:30-6:30 Aquafit	6:30-7:15 Aquafit	7:15-8:15 4/5 Stroke Intro 7:15-8:00 5/6 stroke dev& mechanics NO LAP		
	7:15-8:25 OPEN	8:00-8:25 OPEN	6:30-8:25 OPEN	7:15-8:25 OPEN			
	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 NO LAP		

