



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

| Pool Schedule<br><b>SPRING 2018</b>   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sun   |   |
|---|---|---|---|---|---|---|---|---|
| <p>Schedule Begins <b>May 4</b> and is subject to change<br/>Multiple activities are often scheduled in this pool at the same time.</p> <p><b>Swimming Tips</b><br/>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><b>Directions</b><br/>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><b>Speed</b><br/>Please try to choose a lane with swimmers that most nearly match your speed.</p> <p><b>Shower</b><br/>Please shower with warm water and soap before entering the pool or hot tub.</p> <p><b>Clothing</b><br/>Proper swim attire is required. Infants must wear a swim diaper. No street shoes on pool deck</p> | 5:30-8:00<br>Adult  | 5:30-8:00<br>Adult  | 5:30-8:00<br>Adult  | 5:30-8:00<br>Adult  | 5:30-8:00<br>Adult  | 7:00-8:00<br>Adult  | C   |   |
|   | 8:00-8:30<br>Adult  | 8:00-9:00<br>Aquatone/Ed  | 8:30-9:30<br>AquaFit  | 8:00-9:00<br>Aqua-fit/Casey   | 8:00-9:00<br>Adult  | 8:00-9:00<br>Adult  | 8:00-9:00<br>Adult  | L |
|   | 8:30-9:30<br>AquaFit/Winnie   | 9:00-9:30<br>Adult  | 9:30-10:00<br>Adult   | 9:00-9:30<br>Adult  | 9:15-10:00<br>Aqua Sampler/ Winnie  | 9:00-9:30<br>A/water discovery<br>B/water exploration<br><b>NO LAP</b>                            | 9:00-9:30<br>A/water discovery<br>B/water exploration<br><b>NO LAP</b>                          | O |
|   | 9:30-10:00<br>OPEN  | 9:30-10:00<br>Adult   |   | 9:30-10:00<br>Adult   |   | 9:30-10:15<br>1/youth/water acclimation<br>2/water movement<br>3/water stamina<br><b>NO LAP</b>   | 9:30-10:15<br>1/youth/water acclimation<br>2/water movement<br>3/water stamina<br><b>NO LAP</b> | S |
|   | 10:00-11:00<br>Warm Water Ex<br><b>NO LAP</b><br><b>10:15-11:00</b> | 10:00-11:00<br>Warm Water Ex<br><b>NO LAP</b><br><b>10:15-11:00</b> | 10:00-11:00<br>Warm Water Ex<br><b>NO LAP</b><br><b>10:15-11:00</b> | 10:00-11:00<br>Warm Water Ex<br><b>NO LAP</b><br><b>10:15-11:00</b> | 10:00-11:00<br>Warm Water Ex<br><b>NO LAP</b><br><b>10:15-11:00</b>                               | 10:00-11:00<br>Warm Water Ex<br><b>NO LAP</b><br><b>10:15-11:00</b>                               | 10:15-11:00<br>4/stroke introduction<br>5/stroke development<br><b>NO LAP</b>                   | E |
|   | 11:00-12:00<br>OPEN   | 11:00-12:00<br>OPEN   | 11:00-12:00<br>OPEN   | 11:00-12:00<br><b>Preschool</b><br><b>NO LAP</b>                    | 11:00-12:00<br>OPEN   | 11:00-12:00<br>OPEN   | 11:00-12:00<br>Autism Swim<br><b>NO LAP</b>   | D |
|   | 12:00-2:30<br>Adult   | 12:00-2:30<br>Adult   | 12:00-1:00<br>Adult   | 12:00-2:00<br>Adult   | 12:00-3:30<br>Adult   | 12:00-3:30<br>Adult   | 12:00-3:00<br>OPEN  |   |
|   | 2:30-3:30<br>OPEN   | 2:30-3:30<br>OPEN   | <b>1:00-3:30</b><br><b>POOL</b><br><b>CLEANING</b>                  | 2:00-3:30<br>OPEN   | 3:30-4:45<br>OPEN   | 3:30-4:45<br>OPEN   | 2:30-3:30<br>Special Olympics<br><b>NO LAP</b>  |   |
|   | 3:30-4:30<br>OPEN   | 3:30-4:00<br>OPEN   | 3:30-4:30<br>OPEN   | 3:30-4:00<br>OPEN   | 5:00-5:45<br>2/water movement<br><b>NO LAP</b>  | 5:00-5:45<br>2/water movement   |   |   |
|   | 4:30-5:30<br>OPEN   | 4:00-4:30<br>OPEN   | 4:30-5:30<br>OPEN   | 4:00-5:30<br>OPEN   | 5:45-6:30<br>2/water movement<br>3/water stamina<br><b>NO LAP</b>                                 | 5:45-6:30<br>2/water movement<br>3/water stamina<br><b>NO LAP</b>                                 |   |   |
|   | 5:30-6:30<br>AquaFit  | 4:30-6:30<br>OPEN   | 5:30-6:30<br>AquaFit  | 5:30-6:15<br>Adult swim class<br>5:30-6:30<br>AquaFit               | 6:30-7:15<br>4/stroke introduction<br>5/stroke development<br>6/stroke mechanics<br><b>NO LAP</b> | 6:30-7:15<br>4/stroke introduction<br>5/stroke development<br>6/stroke mechanics<br><b>NO LAP</b> |   |   |
|   | 6:30-7:15<br>AquaFit  | 6:30-7:15<br>Aquatone/ Casey  | 6:30-7:15<br>OPEN   | 6:30-7:15<br>AquaFit/ Sue   |   |   |   |   |
|   | 7:15-8:25<br>OPEN   | 7:15-8:25<br>OPEN   | 7:15-8:25<br>OPEN   | 7:15-8:25<br>OPEN   | 7:30-8:25<br>OPEN   | 7:30-8:25<br>OPEN   |   |   |