



Lap Pool

Effective September 9 through
December 15, 2019

(Subject to change without notice, please see mobile app for the most up-to-date schedule)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-5:30 Lap Swim - 6 lanes	5:00-9:00 Lap Swim - 6 lanes	5:00-5:30 Lap Swim - 6 lanes	5:00-9:00 Lap Swim - 6 lanes	5:00-5:30 Lap Swim - 6 lanes	7:00-8:30 Masters - 3 lanes Lap Swim - 3 lanes		
5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES		5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES		5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES			8:30-9:00 Lap Swim - 6 lanes
6:30-9:00 Lap Swim - 6 lanes		6:30-9:00 Lap Swim - 6 lanes		6:30-9:00 Lap Swim - 6 lanes			9:00-10:30 Lessons - 4 lanes ONLY 2 LAP LANES
9:00-10:00 Active Fitness NO LAP LANES	9:00-10:00 DeepWater - 3 lanes Lap Swim - 3 lanes	9:00-10:00 Active Fitness NO LAP LANES	9:00-10:00 DeepWater - 3 lanes Lap Swim - 3 lanes	9:00-10:00 Active Fitness NO LAP LANES			
10:00-11:00 Adult lesson - 1 lane Lap Swim - 5 lanes	10:00-12:30 Lap Swim - 6 lanes	10:00-11:00 Adult Lesson - 1 lane Lap Swim - 5 lanes	10:00-12:30 Lap Swim - 6 lanes				
11:00-12:00 Deep Water Running - 2 lanes Lap swim - 4 lanes	12:30-1:00 Lessons - 1 lane Lap Swim - 5 lanes	11:00-3:15 Lap Swim & PT - 6 lanes	12:30-1:00 Lessons - 1 lane Lap Swim - 5 lanes	10:00-4:15 Lap Swim - 6 lanes	10:30-5:30pm Lap Swim - 6 lanes	11:00-1:35 Lessons - 1 lane Lap Swim - 5 lanes	
12:00-5:00pm Lap Swim - 6 lanes	1:00-5:00 Lap Swim - 6 lanes		3:15-4:15 Adaptive Rec - 2 lanes Lap swim - 4 Lanes			12:00-5:00 Lap Swim - 6 lanes	4:15-5:00 Deep Water Running - 3 lanes Lap Swim - 3 lanes
		4:15-5:00 Lessons - 1 lane Lap Swim - 5 lanes	2:00-5:30 Lap Swim - 6 lanes				
5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes	5:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes	5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes	5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes	5:00-6:30 Lessons - 1 lane Lap Swim - 5 lanes			
	5:45-6:30 Lessons - 4 lanes Lap Swim - 2 lanes						
6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes	6:35-7:20 Adult Lesson - 1 lane Lap Swim - 5 lanes	6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes	6:35-7:20 Adult lesson - 1 lane Lap Swim - 5 lanes	6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes			
7:30-9:30 Lap Swim - 6 lanes	7:20-9:30 Lap Swim - 6 lanes	7:30-9:30 Lap Swim - 6 lanes	7:20-9:30 Lap Swim - 6 lanes	7:30-9:30 Lap Swim - 6 lanes			

Helpful Things To Know

- Swimmers should **ALWAYS** share available lap lanes - circle swimming during peak pool usage times.
- When entering a lane that already has someone in it, please make sure the swimmer knows you are joining them prior to starting your lap swim to ensure each other's safety.
- Please limit swim time when others are waiting.
- Please review minimum age guidelines listed on the reverse side of this schedule.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.



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Indicates water features in use - a Swim Test is required for anyone to use the Slide.

SPLASH PAD IS ONLY AVAILABLE DURING OPEN and LIMITED OPEN SWIM TIMES.

- Children under 10 - parent/adult guardian should remain in pool area at all times.
- Children under 10 are automatically designated a non-swimmer unless they can pass the swim test.
- Non-swimmers are restricted to the shallow end and must be actively supervised and within arm's reach of a parent or adult guardian at all times.
- Except for program participants, the Splash Pad is only available during Open and Limited Open Swim times.
- Parent/adult guardian must remain within arms' length of children using Splash Pad.
- Only US Coast Guard floatation devices should be used and are available on the pool deck.
- Physical Therapy hours are Monday/Wednesday/Friday between 8am-4pm. Pool will be divided to show the physical therapy area. Members are not to enter physical therapy area unless given permission.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00-8:45 Physical Therapy		8:00-8:45 Physical Therapy		8:00-8:45 Physical Therapy			
8:45-9:30 Aquanastics	8:45-9:30 WET	8:45-9:30 Aquanastics	8:45-9:30 WET	8:45-9:30 Aquanastics	9:00-12:00 Lessons	11:00-12:00 Adaptive Rec	
9:30-10:15 WET	9:30-10:15 Aqua Arthritis	9:30-10:15 WET	9:30-10:15 Aqua Arthritis	9:30-10:15 WET			
10:15-11 Aqua Arthritis	10:15-12:30 Lessons	10:15-11 Aqua Arthritis	10:15-12:30 Lessons	10:15-11 Aqua Arthritis			
11:00-1:15pm Lessons		11:00-1:15 Lessons		11:00-12:40 Lessons			
1:15-2:15 OPEN SWIM 1:15-1:45 Y Child Care Lesson	12:30-3:30 Open Swim	1:15-2:15 OPEN SWIM	12:30-3:30 Open Swim	12:40-2:15 OPEN SWIM	12:00-3:00 OPEN SWIM	12:00-3:00 LIMITED OPEN SWIM 2:00-2:30 Lessons	
2:15-3:00 Silver Splash		2:15-3:00 Silver Splash		2:15 - 3:00 Silver Splash			
3:00-4:15 Open Swim	3:30-4:15 Silver Splash	3:15-4:15 Adaptive R&L	3:30-4:15 Silver Splash	3:00-6:00 Open Swim 4:00 - 5:00 PM Y Afterschool Care	3:00-5:00 OPEN SWIM	3:00-5:00 OPEN SWIM	
4:15- 5:30pm Lessons	4:15-6:00 Lessons	4:15-5:30 Lessons	4:15-6:00 Lessons				
5:30-6:30 LIMITED OPEN SWIM 5:35-6:20 Aqua Zumba		5:30-6:30 LIMITED OPEN SWIM 5:35-6:20 Aqua Zumba					
6:30-8:00 OPEN SWIM 	6:00-8:00 OPEN SWIM	6:30-8:00 OPEN SWIM 	6:00-8:00 OPEN SWIM	6:00-8:00 OPEN SWIM 			