



Lap Pool 2021

(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 | | |
| 6:30-9:00 Lap Swim - 6 lanes | | 6:30-9:00 Lap Swim - 6 lanes | | 6:30-9:00 Lap Swim - 6 lanes | | |
| 9:00-10:00 Active Fitness NO LAP LANES | 9:00-10:00 DeepWater - 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 | 9:00-11:45 Lessons - 3 lanes ONLY 3 LAP LANES | |
| 10:00-11:00 Lap Swim - 6 lanes | 10:00-4:00 Lap Swim - 6 lanes | 10:00-4:00 Lap Swim - 6 lanes | 10:00-4:00 Lap Swim - 6 lanes | 10:00-4:15 Lap Swim - 6 lanes | 11:45-5:30pm Lap Swim - 6 lanes | 11:00-5:30 Lap Swim - 6 lanes |
| 11:00-12:00 Deep Water Running - 2 lanes Lap swim - 4 lanes | | | | | | |
| 12:00-4:00pm Lap Swim - 6 lanes | | | | | | |
| 4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes | 4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes | 4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes | 4:00-5:45 Lessons - 3 lanes Lap Swim - 3 lanes | 4:15-5:00 Deep Water Running - 3 lanes Lap Swim - 3 lanes | | |
| | | | | 5:00-6:30 Lap Swim-6 lanes | | |
| 6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes | 5:45-9:30 Lap Swim - 6 lanes | 6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes | 5:45-9:30 Lap Swim - 6 lanes | 6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes | | |
| 7:30-9:30 Lap Swim - 6 lanes | | 7:30-9:30 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.



Leisure Pool 2021






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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 |
|---|--------------------------|---|--------------------------|---|---|---|
| 8:45-9:30 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 | |
| 9:30-10:15 WET | Pool Closed | 9:30-10:15 WET | Pool Closed | 9:30-10:15 WET | | |
| 10:15-11:00 Childcare | 10:15-11:00 Childcare | 10:15-11:00 Childcare | 10:15-11:00 Childcare | 10:15-11:00 Childcare | | |
| 11:00-12:45 Lessons | 11:00-12:45 Lessons | 11:00-12:45 Lessons | 11:00-12:45 Lessons | 11:00-12:45 Lessons | 12:00-3:00 OPEN SWIM | 11:00-3:00 Open Swim |
| 12:45-2:15 OPEN SWIM | 12:45-2:15 Open Swim | 12:45-2:15 OPEN SWIM | 12:45-2:15 Open Swim | 12:45-2:15 Open Swim | | |
| 2:15-3:00 Silver Splash | 2:15-4:00 Pool Closed | 2:15-3:00 Silver Splash | 2:15-4:00 Pool Closed | 2:15-4:00 Pool Closed | 3:00-5:00 OPEN SWIM  | 3:00-5:00 OPEN SWIM  |
| 3:00-4:00 Pool Closed | | 3:00-4:00 Pool Closed | | 3:00-4:00 Pool Closed | | |
| 4:00- 5:45pm Lessons | 4:00-5:45 Lessons | 4:00-5:45 Lessons | 4:00-6:00 Lessons | 4:00 – 5:00 PM Y Afterschool Care 4:00-8:00 Open Swim  | | |
| 5:45-6:30 Aqua Zumba * Splash Pad Available | 5:45-7:00 OPEN SWIM | 5:45-6:30 Aqua Zumba * Splash Pad Available | 5:45-7:00 OPEN SWIM | | | |
| 6:30-8:00 OPEN SWIM  | | 6:30-8:00 OPEN SWIM  | | | | |