



# 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	
5:30-6:30 Masters - 4 lanes <b>ONLY 2 LAP LANES</b>		5:30-6:30 Masters - 4 lanes <b>ONLY 2 LAP LANES</b>		5:30-6:30 Masters - 4 lanes <b>ONLY 2 LAP LANES</b>		
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 <b>NO LAP LANES</b>	9:00-10:00 DeepWater - 3 lanes	9:00-10:00 Active Fitness <b>NO LAP LANES</b>	9:00-10:00 DeepWater - 3 lanes	9:00-10:00 Active Fitness <b>NO LAP LANES</b>	9:00-10:30 Lessons - 4 lanes <b>ONLY 2 LAP</b>	
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	10:30-5:30pm 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 New 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 4 people	8:45-9:30 Aquanastics	8:45-9:30 WET 4 people	8:45-9:30 Aquanastics	9:00-12:00 Lessons	
9:30-10:15 WET		9:30-10:15 WET		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	11:00-12:00 Lessons	11:00-12:45 Lessons	11:00-12:00 Lessons	11:00-12:45 Lessons	12:00-3:00 OPEN SWIM	11:00-3:00 Open Swim
12:45-2:15 OPEN SWIM	12:00-4:00 Pool Closed	12:45-2:15 OPEN SWIM	12:00-4:00 Pool Closed	12:45-2:00 Open Swim		
2:15-3:00 Silver Splash		2:15-3:00 Silver Splash		3:00-4:00 Pool Closed		
3:00-4:00 Pool Closed		3:00-4:00 Pool Closed				
4:00- 5:45pm Lessons	4:00-6:00 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	3:00-5:00 OPEN SWIM 	3:00-5:00 OPEN SWIM 
5:45-6:20 Aqua Zumba * Limited Open Swim		5:45-6:20 Aqua Zumba * Limited Open Swim				
6:30-8:00 OPEN SWIM 		6:00-7:00 OPEN SWIM			6:30-8:00 OPEN SWIM 	6:00-7:00 OPEN SWIM