



Lap Pool Summer 2020

(Subject to change without notice)
July 6-August 9

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

***PLEASE SEE BOTH SIDES OF SCHEDULE FOR AVAILABLE LAP AND OPEN SWIM TIMES ***

- Continue to practice safe social distancing when in the lap pool area.
- Please limit swim time to 30 minutes when others are waiting.
- Swimmers may share a lane if both swimmers feel comfortable sharing.
- 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.

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		
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 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	7:00-8:30 Masters - 3 lanes Lap Swim - 3 lanes	
10:10-10:55 2 Wk lessons 2 lanes Lap Swim - 4 lanes	10:10-10:55 2 Wk lessons - 2 lanes Lap Swim - 4 lanes	10:10-10:55 2 Wk lessons 2 lanes Lap Swim - 4 lanes	10:10-10:55 2 Wk lessons 2 lanes Lap Swim - 4 lanes	10:10-10:55 2 Wk lessons 2 lanes Lap Swim - 4 lanes	9:20-10:55 Lessons - 4 lanes ONLY 2 LAP LANES	
10:55-12:10 Lap Swim - 4 lanes 11:00-12:00 Deep Water Run - 2 lanes	10:55-12:10 Lap Swim - 6 lanes	10:55-12:10 Lap Swim - 6 lanes	10:55-12:10 Lap Swim - 6 lanes	10:55-12:10 Lap Swim - 6 lanes		
12:10-2:00 2 Wk & Camp Lessons - 3 lanes Lap Swim - 3 lanes	12:10-2:00 2 Wk & Camp Lessons - 3 lanes Lap Swim - 3 lanes	12:10-2:00 2 Wk & Camp Lessons - 3 lanes Lap Swim - 3 lanes	12:10-2:00 2 Wk & Camp Lessons - 3 lanes Lap Swim - 3 lanes	12:10-1:00 2 Wk lessons - 2 lanes Lap Swim - 4 lanes	10:55-11:45 Lessons - 2 lanes Lap Swim - 4 lanes	11:00-5:30 Lap Swim - 6 lanes
2:00-5:00 Lap Swim - 6 lanes	2:00-5:00 Lap Swim - 6 lanes	2:00-5:00 Lap Swim - 6 lanes	2:00-5:00 Lap Swim - 6 lanes	1:00-4:15 Lap Swim - 6 lanes	11:45-5:30 Lap Swim - 6 lanes	
				4:15-5:00 Deep Water Run - 3 lanes Lap Swim - 3 lanes		
5:00-5:45 Lessons - 2 lanes Lap Swim - 4 lanes	5:00-5:45 Lessons - 2 lanes Lap Swim - 4 lanes	5:00-5:45 Lessons - 2 lanes Lap Swim - 4 lanes	5:00-5:45 Lessons - 2 lanes Lap Swim - 4 lanes	5:00-6:30 Lap Swim - 6 lanes		
5:45-6:35 2 Wk lessons - 2 lanes ONLY 4 LAP LANES	5:45-6:35 2 Wk lessons - 2 lanes Lap Swim - 4 lanes	5:45-6:30 2 Wk lessons - 2 lanes ONLY 4 LAP LANES	5:50-6:35 2 Wk lessons - 2 lanes ONLY 4 LAP LANES			
6:35-7:30 Masters - 3 lanes Lap Swim - 3 lanes	6:35-9:30 Lap Swim - 6 lanes	6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes	6:35-9:30 Lap Swim - 6 lanes	6:30-7:30 Master - 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		



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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 arms' reach of a parent or adult guardian at all times.
- Except for program participants, the Splash Pad is only available during Open Swim times. Parent/adult guardian should remain within arms' length of children using Splash Pad.
- Only US Coast Guard floatation should be used and are available on the pool deck.
- PT = Physical Therapy which is by appointment only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:45 – 9:30 Aquanastics Free Swim	8:45 – 9:30 WET	8:45 – 9:30 Aquanastics Free Swim	8:45 – 9:30 WET	8:45 – 9:30 Aquanastics Free Swim				
9:30 – 10:15 WET	9:30–12:05 Swim Lessons	9:30 – 10:15 WET	9:30–12:05 Swim Lessons	9:30 – 10:15 WET				
10:15–11:00 Y childcare		10:15–11:00 Y childcare		10:15–11:00 Y childcare				
11:00– 12:40 Swim Lessons		11:00– 12:40 Swim Lessons		11am–1:00 Swim Lessons	9:00–12:00 Swim Lessons			
12:05 – 2:00 Camp		12:05 – 2:00 Camp			12:05 – 2:00 Camp		12:05 – 2:00 Camp	
12:55–2:00 Open Swim 		12:55–2:00 Open Swim 		12:55–2:00 Open Swim 	12:55–2:00 Open Swim 		1:00–1:30 Y Childcare	12:00 – 3:00 OPEN SWIM 
2:00–3:00 Silver Splash Free Swim		2:00–3:00 Silver Splash Free Swim		2:00–3:00 Silver Splash Free Swim	2:00–3:00 Silver Splash Free Swim			
3:00–4:00 Pool Closed	3:00–4:00 Pool Closed	3:00–4:00 Pool Closed	3:00–4:00 Pool Closed	3:00–6:00 Pool Closed	3:00 – 5:00 OPEN SWIM			
4:00–5:45 Swim Lessons	4:00–6:20 Swim Lessons	4:00–5:45 Swim Lessons	4:00–6:20 Swim Lessons	6:00pm–8:00pm OPEN SWIM 				
5:45 – 6:30 Aqua Zumba		5:45 – 6:30 Aqua Zumba						
6:30 – 8:00 OPEN SWIM 	6:20– 8:00 OPEN SWIM	6:30 – 8:00 OPEN SWIM 	6:20– 8:00 OPEN SWIM					