



Lap Pool Winter 2019

Effective January 5 through May 31

(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 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	9:20-10:55 Lessons - 4 lanes ONLY 2 LAP LANES	11:00-5:30 Lap Swim - 6 lanes
10:00-11:00 Lap Swim - 6 lanes	10:00-5:00 Lap Swim - 6 lanes	10:00-11:00 Lap Swim - 6 lanes	10:00-5:00 Lap Swim - 6 lanes	10:00-4:15 Lap Swim - 6 lanes	11:00-11:45 Lessons - 2 lanes Lap Swim - 4 lanes	
11:00-12:00 Deep Water Running -2 lanes Lap Swim—4 Lanes		11:00-3:15 Lap Swim & PT - 6 lanes			4:15-5:00 Lessons - 1 lane Lap Swim - 5 lanes	
12:00-5:00 Lap Swim - 6 lanes		3:15-4:15 Adaptive Rec-2 lanes Lap Swim - 4 lanes				4:15-5:00 Deep Water Running - 3 lanes Lap Swim - 3 lanes
5:00-5:45 Lessons - 1 lanes Lap Swim - 5 lanes	5:00-5:45 Lessons - 1 lanes Lap Swim - 5 lanes	5:00-6:45 Lessons - 1 lanes Lap Swim - 5 lanes	5:00-6:45 Lessons - 1 lanes Lap Swim - 5 lanes	5:00-5:45 Lessons - 1 lanes Lap Swim - 5 lanes	11:45-5:30 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	6:45-9:30 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.
- PT = Physical Therapy, which is by appointment only; please be respectful of special needs and space.



Leisure Pool Winter 2020



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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.
- PT = Physical Therapy, which is by appointment only; please be respectful of special needs and space.

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		
9:30-10:15 WET	9:30-10:15 Aqua Arthritis 9:30-10:10 Lessons	9:30-10:15 WET	9:30-10:15 Aqua Arthritis 9:30-10:10 Lessons	9:30-10:15 WET		
10:15-11:00 Aqua Arthritis	10:15-10:45 Y Childcare Lesson	10:15-11:00 Aqua Arthritis	10:15-10:45 Y Childcare Lesson	10:15-11:00 Aqua Arthritis	9:00-12:00 Lessons	
11:00-11:30 Y Childcare Lesson 11:35-12:05 Lessons	10:50-12:05 Lessons	11:00-11:30 Y Childcare Lesson 11:35-12:05 Lessons	10:50-12:05 Lessons 11:30 - 12:00 Y Childcare	11:00-11:30 Y Childcare 11:35-12:05 Lessons		
12:05-2:10 LIMITED OPEN SWIM 12:10-1:15 Lessons 1:15-1:45 Y Child Care Lesson	POOL CLOSED	12:00-2:10 LIMITED OPEN SWIM 12:10-1:15 Lessons	POOL CLOSED	12:00 - 2:10 LIMITED OPEN SWIM 12:10 - 1:15 Lessons 1:15 - 1:45 Y Childcare	12:00 - 3:00 OPEN SWIM	1:00 - 3:00 LIMITED OPEN SWIM
2:15-3:00 Silver Splash	2:15-3:00 Silver Splash	2:15-3:00 Silver Splash	2:15-3:00 Silver Splash	2:15 - 3:00 Silver Splash		
POOL CLOSED	POOL CLOSED	POOL CLOSED 3:15-4:15 Adaptive R&L	POOL CLOSED	POOL CLOSED	3:00 - 5:30 OPEN SWIM	3:00 - 5:30 OPEN SWIM
3:30-5:45 Lessons	4:25- 6:00 Lessons	4:25-5:45 Lessons	4:25- 6:00 Lessons	4:00 - 6:00 LIMITED OPEN SWIM Y Afterschool Care 4:00 - 5:00 PM		
5:45-6:30 Aqua Zumba Open Splash Pad	6:00 - 7:00 OPEN SWIM	5:45-6:30 Aqua Zumba Open Splash Pad	6:00 - 7:00 OPEN SWIM			
6:30-8:00 OPEN SWIM 		6:30-8:00 OPEN SWIM 		6:00 - 8:00 OPEN SWIM 