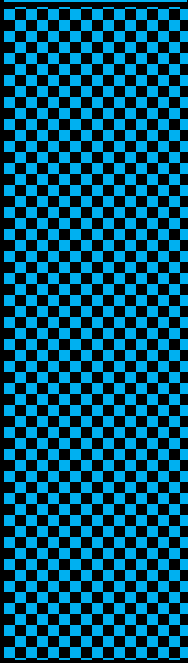
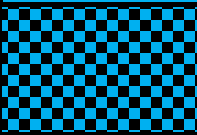
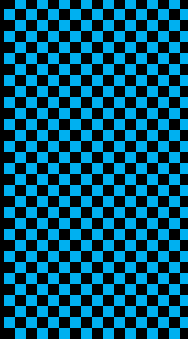


# Pool Programs

(7/31/17-8/13/17)

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please see the Front Desk or contact the Aquatics Director.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	SilverSplash 11:30a-12:20p	H2O Fitness 10a-10:50a Outside	SilverSplash 11:30a-12:20p	H2O Fitness 10a-10:50a Outside	SilverSplash 11:30a-12:20p	Swim Lessons 9:00a-12:00p	
12:00	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
12:30	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
1:00	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
1:30	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
2:00	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
2:30	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
3:00	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
3:30	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
4:00	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
4:30	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
5:00	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
5:30	<b>Camp Arrowhead Swim Time</b> 12:30p-3:00p Monday, Tuesday, Wednesday, Friday						
6:00		Swim Lessons 5:15p-7:30p	Lakota Stingrays Practice 7:00p-8:45p	Swim Lessons 5:15p-6:45p	Lakota Stingrays Practice 7:00p-8:45p	Amped Up H2O 7:00p-7:50p	Lakota Stingrays Practice 7:00p-8:45p
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

**Outdoor Pool Hours**  
Monday-Saturday 10:00a-8:00p  
Sunday 12:00p-8:00p

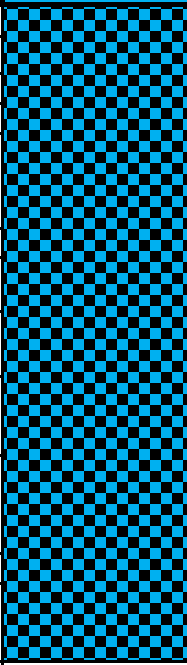
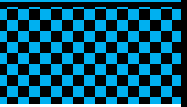
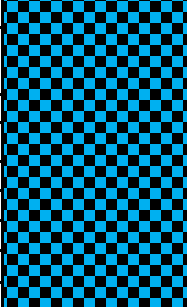
**\*\*Schedule is subject to change**  
Updated: 7/20/17



# Open Swim/Lap Swim

(7/31/17-8/13/17)

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Please recognize that during some lap swim times other programs may be occupying parts of the pool. Questions/Comments please see the Front Desk or contact the Aquatics Director.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY		
6:30								
7:00		6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00		
7:30								
8:00		Lap Swim/Open	Lap Swim/Open	Lap Swim/Open	Lap Swim/Open	Lap Swim/Open		Lap Swim
8:30		8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-11:30		8:00a-9:30a
9:00								NO OPEN
9:30		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY			SWIM
10:00		9:30a-12:30p	9:30a-11:30a	9:30a-12:30p	9:30a-11:30a			9:00a -11:30a
10:30								No Lap or Open Swim 9:30a-10:30a
11:00						Lap Swim Only		
11:30					Lap Swim ONLY	10:30a-12:30p		
12:00					11:30a-12:30p			
12:30						Lap/Open Swim		
1:00	Lap/Open Swim 12:00p-5:30p	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	12:30p-7:30p	
1:30								
2:00		12:30p-5:00p	11:30a-7:00p	12:30p-5:00p	11:30a-7:00p	12:30p-9:30p		
2:30								
3:00								
3:30								
4:00								
4:30								
5:00		Lap Swim Only 5:00p-7:00p		Lap Swim Only 5:00p-7:00p				
5:30								
6:00								
6:30								
7:00		No Lap or Open Swim 7:00p to 7:30p	Lap Swim Only 7:00p-8:00p	Lap/Open Swim	Lap Swim Only 7:00p-8:00p			
7:30								
8:00		Lap/Open Swim 7:30p-9:30p	Lap/Open Swim 8:00p-9:30p	7:00p-9:30p	Lap/Open Swim 8:00p-9:30p			
8:30								
9:00								
9:30								
10:00								

**Outdoor Pool Hours**  
Monday-Saturday 10:00a-8:00p  
Sunday 12:00p-8:00p

**\*\*Schedule is subject to change**

Updated: 7/20/17



# Monday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-9:30a	<b>Lap Swim Only</b> 6:00a-9:30a	<b>Lap Swim Only</b> 6:00a-10:00a	<b>Lap Swim Only</b> 6:00a-7:00p
6:30a						
7:00a						
7:30a						
8:00a						
8:30a	<b>Open Swim</b> 8:00a-9:00a	<b>Open Swim</b> 8:00a-9:00a				
9:00a						
9:30a						
10:00a	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/7)	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/7)	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/7)	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/7)	<b>Swim Lessons</b> 10:00a-10:30a	<b>Lap Swim if not being used for swim tests</b> 6:00a-9:30p
10:30a				<b>LAP SWIM</b>		
11:00a					<b>10:30a-11:30a</b>	
11:30a	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  (If over 25)	
12:00p						
12:30p	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>LAP SWIM</b>  12:30p-9:30p	<b>Lap Swim if not being used for swim tests</b> 6:00a-9:30p
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p	<b>Swim Lessons</b> 5:15p-7:30p	<b>Swim Lessons</b> 5:15p-7:30p	<b>Swim Lessons</b> 5:15p-7:30p	<b>Lap Swim</b> 3:45p-9:30p		
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	<b>Open Swim</b> 7:30p-9:30p	<b>Open Swim</b> 7:30p-9:30p	<b>Lap Swim</b> 7:30p-9:30p			
8:15p						
8:30p						
8:45p						
9:00p						

# Tuesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-9:30a	<b>Lap Swim Only</b> 6:00a-10:00a	<b>Lap Swim Only</b> 6:00a-9:30p	<b>Lap Swim Only</b> <b>6:00a-9:30p</b>
6:30a						
7:00a						
7:30a						
8:00a	<b>Open Swim</b>  8:00a-9:30a	<b>Open Swim</b>  8:00a-9:30a				
8:30a						
9:00a						
9:30a						
10:00a	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/8)	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/8)	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/8)	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/8)		<b>Lap Swim if not being used for swim tests</b> <b>6:00a-9:30p</b>
10:30a						
11:00a						
11:30a						
12:00p	<b>Open Swim</b> <b>12:30p-3:00p</b>  (Camp12:30p-3:00p)	<b>Open Swim</b> <b>12:30p-3:00p</b>  (Camp12:30p-3:00p)	<b>Open Swim</b> <b>12:30p-3:00p</b>  (Camp12:30p-3:00p)	<b>Open Swim</b> <b>12:30p-3:00p</b>  (Camp12:30p-3:00p)	<b>LAP SWIM</b> <b>6:00a-9:30p</b>	<b>Lap Swim if not being used for swim tests</b> <b>6:00a-9:30p</b>
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p	<b>Open Swim</b> 12:30p-7:00p	<b>Open Swim</b> 12:30p-7:00p	<b>Open Swim</b> 12:30p-7:00p			
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p	<b>7:00p-7:50p</b>	<b>7:00p-7:50p</b>	<b>7:00p-7:50p</b>			
8:00p	<b>Open SWIM</b>  8:00p-9:30p	<b>Open SWIM</b>  8:00p-9:30p	<b>Open Swim</b>  8:00p-9:30p			
8:15p						
8:30p						
8:45p						
9:00p						

## Wednesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-9:30a	<b>Lap Swim Only</b> 6:00a-9:30a	<b>Lap Swim Only</b> 6:00a-9:30p	<b>Lap Swim Only</b> 6:00a-4:00p
6:30a						
7:00a						
7:30a						
8:00a						
8:30a	<b>Open Swim</b> 8:00a-9:00a	<b>Open Swim</b> 8:00a-9:00a				
9:00a						
9:30a						
10:00a	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/9)	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/9)	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/9)	<b>Swim Lessons</b>  9:30a-11:30a (No lessons 9:30 to 10:30-8/9)		<b>Lap Swim if not being used for swim tests</b> 6:00a-4:00p
10:30a						
11:00a						
11:30a	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  11:35a-12:25p	<b>SilverSplash</b>  (If over 25)	
12:00p						
12:30p	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-5:00p  (Camp12:30p-3:00p)	<b>LAP SWIM</b> 6:00a-9:30p	<b>Lap Swim if not being used for swim tests</b> 6:00a-9:30p
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p	<b>Swim Lessons</b> 5:15p-7:00p	<b>Swim Lessons</b> 5:15p-7:00p	<b>Swim Lessons</b> 5:15p-7:00p	<b>Lap Swim</b> 3:45p-9:30p		
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p	<b>Open Swim</b> 7:30p-9:30p	<b>Open Swim</b> 7:30p-9:30p	<b>Lap Swim</b> 7:30p-9:30p			
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						

# Thursday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-8:00a	<b>Lap Swim</b>  6:00a-9:30a	<b>LAP SWIM</b>  6:00a-9:30a	<b>Lap Swim Only</b> <b>6:00a-9:30p</b>	<b>Lap Swim Only</b> 6:00a-4:00p
6:30a						
7:00a						
7:30a						
8:00a	<b>Open Swim</b>  8:00a-9:30a	<b>Open Swim</b>  8:00a-9:30a		<b>LAP SWIM</b>  6:00a-9:30a		
8:30a						
9:00a						
9:30a	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/10)	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/10)	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/10)	<b>Swim Lessons</b>  <b>9:30a-11:30a</b> (No lessons 9:30 to 10:30-8/10)		<b>Lap Swim if not being used for swim tests</b> <b>6:00a-4:00p</b>
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	<b>Open Swim</b> <b>12:30p-4:00p</b>	<b>Open Swim</b> <b>12:30p-4:00p</b>	<b>Open Swim</b> <b>12:30p-4:00p</b>	<b>Open Swim</b> <b>12:30p-4:00p</b>	<b>LAP SWIM</b>  6:00a-9:30p	<b>Lap Swim if not being used for swim tests</b>  6:00a-9:30p
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p	<b>Open Swim</b> 12:30p-7:00p	<b>Open Swim</b> 12:30p-7:00p	<b>Open Swim</b> 12:30p-7:00p	<b>LAP SWIM</b> <b>3:00p-9:30p</b>		
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p	<b>Open SWIM</b>  8:00p-9:30p	<b>Open SWIM</b>  8:00p-9:30p	<b>Open Swim</b>  8:00p-9:30p			
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						

# Friday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
6:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-9:30a	<b>Lap Swim Only</b> 6:00a-11:30a	<b>Lap Swim Only</b> 6:30a-11:30a	<b>Lap Swim Only</b> 6:30a-7:00p  <b>Lap Swim if not being used for swim tests</b> 6:00a-9:30p  <b>Lap Swim if not being used for swim tests</b> 6:00a-9:30p			
6:30a									
7:00a									
7:30a									
8:00a									
8:30a	<b>Open Swim</b> 8:00a-11:30a	<b>Open Swim</b> 8:00a-11:30a	<b>Open Swim</b> 9:30a-11:30a	<b>Lap Swim</b> 12:30p-3:00p	12:30p-9:30p				
9:00a									
9:30a			<b>OPEN SWIM</b> 12:30p-9:30p (Camp 12:30p-3:00p) <b>(Camp End)</b>				<b>OPEN SWIM</b> 12:30p-9:30p (Camp 12:30p-3:00p)	<b>OPEN SWIM</b> 12:30p-9:30p (Camp 12:30p-3:00p)	<b>Lap Swim</b> 3:45p-9:30p
10:00a									
10:30a									
11:00a									
11:30a	<b>SilverSplash</b> 11:35a-12:25p	<b>SilverSplash</b> 11:35a-12:25p		<b>SilverSplash</b> 11:35a-12:25p	<b>SilverSplash</b> 11:35a-12:25p	<b>SilverSplash</b> (If over 25)			
12:00p									
12:30p	<b>OPEN SWIM</b> 12:30p-9:30p (Camp 12:30p-3:00p) <b>(Camp End)</b>	<b>OPEN SWIM</b> 12:30p-9:30p (Camp 12:30p-3:00p)		<b>OPEN SWIM</b> 12:30p-9:30p (Camp 12:30p-3:00p)	<b>Lap Swim</b> 3:45p-9:30p	12:30p-9:30p			
1:00p									
1:30p									
2:00p									
2:30p									
3:00p									
3:30p									
4:00p									
4:30p									
5:00p									
5:30p									
5:45p									
6:00p									
6:15p									
6:30p									
6:45p									
7:00p									
7:15p									
7:30p									
7:45p									
8:00p									
8:15p									
8:30p									
8:45p									
9:00p									

## Saturday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Long Course Practice</b>	<b>Long Course Practice</b>
8:30a	7:30a-9:00a	7:30a-9:00a	7:30a-9:00a	7:30a-9:00a		
9:00a	<b>Water Aerboics</b>	<b>Water Aerboics</b>	<b>Water Aerboics</b>		<b>7:30a-9:30a</b>	<b>7:30a-9:30a</b>
9:30a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>
10:00a				9:30a-10:30a	9:30a-10:30a	9:30a-10:30a
10:30a						
11:00a				<b>10:30a-11:30a</b>	<b>10:30a-11:30a</b>	
11:30a				<b>Swim Lessons</b>	<b>Swim Lessons</b>	
12:00p	10:00a-12:00p	10:00a-12:00p	10:00a-12:00p	11:30a-12:00p	11:30a-12:00p	<b>Lap Swim if not being used for swim tests 10:30a-7:30p</b>
12:30p	<b>OPEN SWIM</b>	<b>OPEN SWIM</b>	<b>OPEN SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>	
1:00p						
1:30p						
2:00p						12:00p-7:30p
2:30p						
3:00p	IF NOT ENOUGH STAFFING FOR THE DAY, INDOOR MAY CLOSE EARLIER THAN 7:30 PM Please check with Front Desk.					
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
6:00p						
6:30p						
7:00p						
7:30p						

## Sunday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6					
12:00p	<b>OPEN SWIM</b>	<b>OPEN SWIM</b>	<b>OPEN SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>	<b>LAP SWIM</b>					
12:30p											
1:00p											
1:30p											
2:00p											
2:30p							12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	<b>12:00p-5:30p</b>	<b>12:00p-5:30p</b>
3:00p											
3:30p											
4:00p											
4:30p											
5:00p											