



# Pool Programs

## 7/1/2018 - 7/31/2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 7/1/2018

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 contact the Aquatics Director.

|                    | SUNDAY          | MONDAY                        | TUESDAY   | WEDNESDAY                     | THURSDAY                     | FRIDAY                        | SATURDAY               |                                |
|--------------------|-----------------|-------------------------------|---|-------------------------------|------------------------------|-------------------------------|------------------------|--------------------------------|
| Indoor Hours       | 12:00p-5:30p    | 7:00a-7:30p                   | 6:00a-9:30p   | 6:00a-9:30p                   | 6:00a-9:30p                  | 6:00a-9:30p                   | 7:30a-7:30p            |                                |
| Outdoor Pool Hours | 12:00a-8:00p    | 10:00a-8:00p                  | 10:00a-8:00p  | 10:00a-8:00p                  | 10:00a-8:00p                 | 10:00a-8:00p                  | 10:00a-8:00p           |                                |
| 6:00               | LAP & OPEN SWIM |                               |   |                               |                              |                               |                        |                                |
| 6:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 7:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 7:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 8:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 8:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 9:00               |                 |                               |   |                               |                              |                               | H2O Fitness to the Max |                                |
| 9:30               |                 |                               | Swim Lessons<br>9:30a-11:30a  | Swim Lessons<br>9:30a-11:30a  | Swim Lessons<br>9:30a-11:30a | Swim Lessons<br>9:30a-11:30a  |                        | 9:00a-9:50a                    |
| 10:00              |                 |                               |   | *Cancelled 7/2-7/7            |                              |                               |                        | Aqua Bootcamp<br>10:00a-11:00a |
| 10:30              |                 |                               |   |                               |                              |                               |                        | Swim Lessons                   |
| 11:00              |                 |                               |   |                               |                              |                               | 9:00a-12:30p           |                                |
| 11:30              |                 | SilverSplash<br>11:30a-12:20p |   | SilverSplash<br>11:30a-12:20p |                              | SilverSplash<br>11:30a-12:20p | *Cancelled 7/7         |                                |
| 12:00              | LAP & OPEN SWIM |                               |   |                               |                              |                               |                        |                                |
| 12:30              |                 |                               |   |                               |                              |                               |                        |                                |
| 1:00               |                 |                               | Camp Arrowhead Summer Camp<br>Monday/Tuesday/Thursday/Friday<br>1:00p-3:30p |                               |                              |                               |                        |                                |
| 1:30               |                 |                               | Lakota Stingrays Swim Practice<br>3:30p - 8:30p                             |                               |                              |                               |                        |                                |
| 2:00               |                 | Special Event<br>2:00-2:45p   |   |                               |                              |                               |                        |                                |
| 2:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 3:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 3:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 4:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 4:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 5:00               |                 | Swim Lessons<br>5:15p-8:00p   |   | Swim Lessons<br>5:15p-8:00p   |                              |                               |                        |                                |
| 5:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 6:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 6:30               |                 | Cancelled 7/2                 |   | Cancelled 7/4                 |                              |                               |                        |                                |
| 7:00               |                 |                               | H2O Fitness To The Max<br>7:00p-7:50p                                       |                               | Amped Up H2O<br>7:00p-7:50p  |                               |                        |                                |
| 7:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 8:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 8:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 9:00               |                 |                               |   |                               |                              |                               |                        |                                |
| 9:30               |                 |                               |   |                               |                              |                               |                        |                                |
| 10:00              |                 |                               |   |                               |                              |                               |                        |                                |



# Lane Schedule

## 7/1/2018 - 7/31/2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 7/1/2018

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 contact the Aquatics Director.

|                    | SUNDAY                          | MONDAY                      | TUESDAY                     | WEDNESDAY                   | THURSDAY                    | FRIDAY          | SATURDAY                      |
|--------------------|---------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------|-------------------------------|
| Indoor Hours       | 12:00p-5:30p                    | 6:00a-9:30p                 | 6:00a-9:30p                 | 6:00a-9:30p                 | 6:00a-9:30p                 | 6:00a-9:30p     | 7:30a-7:30p                   |
| Outdoor Pool Hours | 12:00a-8:00p                    | 10:00a-8:00p                | 10:00a-8:00p                | 10:00a-8:00p                | 10:00a-8:00p                | 10:00a-8:00p    | 10:00a-8:00p                  |
| 6:00               |                                 | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY   |                               |
| 6:30               |                                 |                             |                             |                             |                             | 6:00a-8:00a     |                               |
| 7:00               |                                 | 6:00a-8:00a                 | 6:00a-8:00a                 | 6:00a-8:00a                 | 6:00a-8:00a                 |                 |                               |
| 7:30               |                                 |                             |                             |                             |                             |                 |                               |
| 8:00               |                                 | LAP & OPEN                  | LAP & OPEN                  | LAP & OPEN                  | LAP & OPEN                  | LAP & OPEN SWIM | LAP SWIM ONLY<br>7:30a-12:30P |
| 8:30               |                                 | Swim                        | Swim                        | Swim                        | Swim                        |                 |                               |
|                    |                                 | 8:00a-9:30a                 | 8:00a-9:30a                 | 8:00a-9:30a                 | 8:00a-9:30a                 |                 |                               |
| 9:00               |                                 |                             |                             |                             |                             |                 |                               |
| 9:30               |                                 | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY               |                 |                               |
| 10:00              |                                 | 9:30a-12:30p                | 9:30a-11:30a                | 9:30a-12:30p                | 9:30a-11:30a                |                 |                               |
| 10:30              |                                 |                             |                             |                             |                             |                 |                               |
| 11:00              |                                 |                             |                             |                             |                             |                 |                               |
| 11:30              |                                 |                             | LAP & OPEN                  |                             | LAP & OPEN                  | LAP SWIM ONLY   |                               |
| 12:00              |                                 |                             | Swim                        |                             | Swim                        | 11:30p-12:30p   |                               |
| 12:30              | LAP & OPEN SWIM<br>12:00p-5:30p | LAP & OPEN                  | 11:30a-3:30p                | LAP & OPEN                  | 11:30a-3:30p                |                 | Lap Swim                      |
| 1:00               |                                 | Swim                        |                             | Swim                        |                             | LAP & OPEN SWIM | Open Swim                     |
| 1:30               |                                 | 12:30p-3:30p                |                             | 12:30p-3:30p                |                             | 12:30p - 3:30p  | 12:30p-7:30p                  |
| 2:00               | Special Event                   |                             |                             |                             |                             |                 |                               |
| 2:30               | 2:00-2:45p                      |                             |                             |                             |                             |                 |                               |
| 3:00               |                                 | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY               | LAP SWIM ONLY   |                               |
| 3:30               |                                 | 3:30p-5:00p                 | 3:30p-7:00p                 | 3:30p-5:00p                 | 3:30p-7:00p                 | 3:00p-8:30p     |                               |
| 4:00               |                                 |                             |                             |                             |                             |                 |                               |
| 4:30               |                                 |                             |                             |                             |                             |                 |                               |
| 5:00               |                                 | NO LAP SWIM<br>NO OPEN SWIM |                             | NO LAP SWIM<br>NO OPEN SWIM |                             |                 |                               |
| 5:30               |                                 |                             |                             |                             |                             |                 |                               |
| 6:00               |                                 |                             |                             |                             |                             |                 |                               |
| 6:30               |                                 | 5:00p-8:00p                 | NO LAP SWIM<br>NO OPEN SWIM | 5:00p-8:00p                 | NO LAP SWIM<br>NO OPEN SWIM |                 |                               |
| 7:00               |                                 |                             | 7:00p-8:00p                 |                             | 7:00p-8:00p                 |                 |                               |
| 7:30               |                                 |                             | Open Swim                   |                             | Open Swim                   |                 |                               |
| 8:00               |                                 | Lap Swim ONLY               | 8:00p-8:45p                 | Lap Swim ONLY               | 8:00p-8:45p                 | LAP & OPEN SWIM |                               |
| 8:30               |                                 | 8:00p-9:30p                 | Lap & Open Swim             | 8:00p-9:30p                 | Lap & Open Swim             | 8:45p-9:30p     |                               |
| 9:00               |                                 |                             | 8:45p-9:30p                 |                             | 8:45p-9:30p                 |                 |                               |
| 9:30               |                                 |                             |                             |                             |                             |                 |                               |
| 10:00              |                                 |                             |                             |                             |                             |                 |                               |

# MONDAY

| Time   | Lane 1  | Lane 2  | Lane 3  | Lane 4  | Lane 5   | Lane 6                              |
|--------|---|---|---|---|--|-------------------------------------|
| 6:00a  | <b>Lap Swim</b><br>6:00a-8:00a                                  | <b>Lap Swim</b><br>6:00a-8:00a                                  | <b>Lap Swim</b><br>6:00a-8:00a                                  | <b>Lap Swim</b><br>6:00a-10:00a                                 | <b>Lap Swim</b><br>6:00a-11:30a  | <b>Lap Swim</b><br>6:00a-3:30p      |
| 6:30a  |   |   |   |   |  |                                     |
| 7:00a  |   |   |   |   |  |                                     |
| 7:30a  | <b>Open Swim</b><br>8:00a-9:30a                                 | <b>Open Swim</b><br>8:00a-9:30a                                 | <b>Open Swim</b><br>8:00a-9:30a                                 |   |  |                                     |
| 8:00a  |   |   |   |   |  |                                     |
| 8:30a  |   |   |   |   |  |                                     |
| 9:00a  | <b>SWIM LESSONS</b><br>9:30a-11:30a                             | <b>SWIM LESSONS</b><br>9:30a-11:30a                             | <b>SWIM LESSONS</b><br>9:30a-11:30a                             | <b>SWIM LESSONS</b><br>10:30a-11:30a                            |  |                                     |
| 9:30a  |   |   |   |   |  |                                     |
| 10:00a |   |   |   |   |  |                                     |
| 10:30a | <b>CANCELLED 7/2</b>  | <b>CANCELLED 7/2</b>  | <b>CANCELLED 7/2</b>  |   |  |                                     |
| 11:00a |   |   |   |   |  |                                     |
| 11:30a |   |   |   |   |  |                                     |
| 12:00p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>(used if more than 20 participants)<br>11:35a-12:25p |                                     |
| 12:30p |   |   |   |   |  |                                     |
| 1:00p  |   |   |   |   |  |                                     |
| 1:30p  | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Lap Swim</b><br>12:30p-3:30p  |                                     |
| 2:00p  |   |   |   |   |  |                                     |
| 2:30p  |   |   |   |   |  |                                     |
| 3:00p  | <b>Lap Swim</b><br>3:30p-5:00p                                  | <b>Lakota Y Team</b><br>3:30p-5:00p                             | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p  | <b>Lakota Y Team</b><br>3:30p-8:30p |
| 3:30p  |   |   |   |   |  |                                     |
| 4:00p  |   |   |   |   |  |                                     |
| 4:30p  | <b>SWIM LESSONS</b><br>5:15p-8:00p                              | <b>SWIM LESSONS</b><br>5:15p-8:00p                              |   |   |  |                                     |
| 5:00p  |   |   |   |   |  |                                     |
| 5:15p  |   |   |   |   |  |                                     |
| 5:45p  | <b>CANCELLED 7/2</b>  | <b>CANCELLED 7/2</b>  |   |   |  |                                     |
| 6:00p  |   |   |   |   |  |                                     |
| 6:15p  |   |   |   |   |  |                                     |
| 6:30p  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:00p-9:30p                                  |   |   |  |                                     |
| 6:45p  |   |   |   |   |  |                                     |
| 7:00p  |   |   |   |   |  |                                     |
| 7:15p  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  |   |   |  |                                     |
| 7:30p  |   |   |   |   |  |                                     |
| 7:45p  |   |   |   |   |  |                                     |
| 8:00p  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  |   |   |  |                                     |
| 8:15p  |   |   |   |   |  |                                     |
| 8:30p  |   |   |   |   |  |                                     |
| 8:45p  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  |   |   |  |                                     |
| 9:00p  |   |   |   |   |  |                                     |
| 9:30p  |   |   |   |   |  |                                     |

## TUESDAY

| Time   | Lane 1  | Lane 2  | Lane 3   | Lane 4  | Lane 5                                     | Lane 6                                     |
|--------|---|---|--|---|--|--|
| 6:00a  | <b>Lap Swim</b><br><b>6:00a-8:00a</b>                                   | <b>Lap Swim</b><br><b>6:00a-8:00a</b>                                   | <b>Lap Swim</b><br><b>6:00a-8:00a</b>                              | <b>Lap Swim</b><br><b>6:00a-10:00a</b>                        | <b>Lap Swim</b><br><b>6:00a-3:30p</b>      | <b>Lap Swim</b><br><b>6:00a-3:30p</b>      |
| 6:30a  |   |   |  |   |  |  |
| 7:00a  |   |   |  |   |  |  |
| 7:30a  |   |   |  |   |  |  |
| 8:00a  | <b>Open Swim</b><br><b>8:00a-9:30a</b>                                  | <b>Open Swim</b><br><b>8:00a-9:30a</b>                                  | <b>Open Swim</b><br><b>8:00a-9:30a</b>                             |   |  |  |
| 8:30a  |   |   |  |   |  |  |
| 9:00a  |   |   |  |   |  |  |
| 9:30a  | <b>SWIM LESSONS</b><br><b>9:30a-11:30a</b><br><b>Cancelled 7/3</b>      | <b>SWIM LESSONS</b><br><b>9:30a-11:30a</b><br><b>Cancelled 7/3</b>      | <b>SWIM LESSONS</b><br><b>9:30a-11:30a</b><br><b>Cancelled 7/3</b> | <b>SWIM LESSONS</b><br><b>Lap Swim</b><br><b>10:30a-3:30p</b> |  |  |
| 10:00a |   |   |  |   |  |  |
| 10:30a |   |   |  |   |  |  |
| 11:00a | <b>Open Swim</b><br><b>11:30a-3:30p</b>                                 | <b>Open Swim</b><br><b>11:30a-3:30p</b>                                 | <b>Open Swim</b><br><b>11:30a-3:30p</b>                            |   |  |  |
| 11:30a |   |   |  |   |  |  |
|        |   |   |  |   |  |  |
| 12:00p |   |   |  |   |  |  |
| 12:30p |   |   |  |   |  |  |
| 1:00p  |   |   |  |   |  |  |
| 1:30p  |   |   |  |   |  |  |
| 2:00p  |   |   |  |   |  |  |
| 2:30p  |   |   |  |   |  |  |
| 3:00p  | <b>Lap Swim</b><br><b>3:30p-7:00p</b>                                   | <b>Lakota Y Team</b><br><b>3:30p-8:30p</b>                              | <b>Lakota Y Team</b><br><b>3:30p-8:30p</b>                         | <b>Lakota Y Team</b><br><b>3:30p-8:30p</b>                    | <b>Lakota Y Team</b><br><b>3:30p-8:30p</b> | <b>Lakota Y Team</b><br><b>3:30p-8:30p</b> |
| 3:30p  |   |   |  |   |  |  |
| 4:00p  |   |   |  |   |  |  |
| 4:30p  | <b>H2O Fitness</b><br><b>to the</b><br><b>MAX</b><br><b>7:00p-7:50p</b> | <b>H2O Fitness</b><br><b>to the</b><br><b>MAX</b><br><b>7:00p-7:50p</b> |  |   |  |  |
| 5:00p  |   |   |  |   |  |  |
| 5:30p  |   |   |  |   |  |  |
| 5:45p  | <b>OPEN SWIM</b><br><b>8:00p-9:30p</b>                                  | <b>OPEN SWIM</b><br><b>8:00p-9:30p</b>                                  |  |   |  |  |
| 6:00p  |   |   |  |   |  |  |
| 6:15p  |   |   |  |   |  |  |
| 6:30p  |   |   |  |   |  |  |
| 6:45p  |   |   |  |   |  |  |
| 7:00p  |   |   |  |   |  |  |
| 7:15p  |   |   |  |   |  |  |
| 7:30p  |   |   |  |   |  |  |
| 7:45p  |   |   |  |   |  |  |
| 8:00p  |   |   |  |   |  |  |
| 8:15p  |   |   |  |   |  |  |
| 8:30p  |   |   |  |   |  |  |
| 8:45p  |   |   | <b>Lap Swim</b><br><b>8:30p - 9:30p</b>                            | <b>Lap Swim</b><br><b>8:30p - 9:30p</b>                       | <b>Lap Swim</b><br><b>8:30p - 9:30p</b>    | <b>Lap Swim</b><br><b>8:30p - 9:30p</b>    |
| 9:00p  |   |   |  |   |  |  |
| 9:30p  |   |   |  |   |  |  |

## WEDNESDAY

| Time   | Lane 1  | Lane 2  | Lane 3  | Lane 4  | Lane 5  | Lane 6                              |
|--------|---|---|---|---|---|-------------------------------------|
| 6:00a  | <b>Lap Swim</b><br>6:00a-8:00a                                  | <b>Lap Swim</b><br>6:00a-8:00a                                  | <b>Lap Swim</b><br>6:00a-8:00a                                  | <b>Lap Swim</b><br>6:00a-10:00a                                 | <b>Lap Swim</b><br>6:00a-11:30a   | <b>Lap Swim</b><br>6:00a-3:30p      |
| 6:30a  |   |   |   |   |   |                                     |
| 7:00a  |   |   |   |   |   |                                     |
| 7:30a  | <b>Open Swim</b><br>8:00a-9:30a                                 | <b>Open Swim</b><br>8:00a-9:30a                                 | <b>Open Swim</b><br>8:00a-9:30a                                 | <b>Lap Swim</b><br>10:30a-11:30a                                | <b>Lap Swim</b><br>12:30p-3:30p   | <b>Lap Swim</b><br>12:30p-3:30p     |
| 8:00a  |   |   |   |   |   |                                     |
| 8:30a  |   |   |   |   |   |                                     |
| 9:00a  | <b>SWIM LESSONS</b><br>9:30a-11:30a                             | <b>SWIM LESSONS</b><br>9:30a-11:30a                             | <b>SWIM LESSONS</b><br>9:30a-11:30a                             | <b>Lap Swim</b><br>10:30a-11:30a                                | <b>Lap Swim</b><br>12:30p-3:30p   | <b>Lap Swim</b><br>12:30p-3:30p     |
| 9:30a  |   |   |   |   |   |                                     |
| 10:00a |   |   |   |   |   |                                     |
| 10:30a | <b>Cancelled 7/4</b>  | <b>Cancelled 7/4</b>  | <b>Cancelled 7/4</b>  | <b>Lap Swim</b><br>10:30a-11:30a                                | <b>Lap Swim</b><br>12:30p-3:30p   | <b>Lap Swim</b><br>12:30p-3:30p     |
| 11:00a |   |   |   |   |   |                                     |
| 11:30a |   |   |   |   |   |                                     |
| 12:00p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>11:35a-12:25p | <b>Silver Sneakers</b><br><b>Silver Splash</b><br>(used if more than 20 participants) | <b>Lap Swim</b><br>12:30p-3:30p     |
| 12:30p |   |   |   |   |   |                                     |
| 1:00p  |   |   |   |   |   |                                     |
| 1:30p  | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Open Swim</b><br>12:30p-3:30p                                | <b>Lap Swim</b><br>12:30p-3:30p   | <b>Lap Swim</b><br>12:30p-3:30p     |
| 2:00p  |   |   |   |   |   |                                     |
| 2:30p  |   |   |   |   |   |                                     |
| 3:00p  | <b>Lap Swim</b><br>3:30p-5:00p                                  | <b>Lakota Y Team</b><br>3:30p-5:00p                             | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p   | <b>Lakota Y Team</b><br>3:30p-8:30p |
| 3:30p  |   |   |   |   |   |                                     |
| 4:00p  |   |   |   |   |   |                                     |
| 4:30p  | <b>SWIM LESSONS</b><br>5:15p-8:00p                              | <b>SWIM LESSONS</b><br>5:15p-8:00p                              | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p   | <b>Lakota Y Team</b><br>3:30p-8:30p |
| 5:00p  |   |   |   |   |   |                                     |
| 5:15p  |   |   |   |   |   |                                     |
| 5:45p  | <b>Cancelled 7/4</b>  | <b>Cancelled 7/4</b>  | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p                             | <b>Lakota Y Team</b><br>3:30p-8:30p   | <b>Lakota Y Team</b><br>3:30p-8:30p |
| 6:00p  |   |   |   |   |   |                                     |
| 6:15p  |   |   |   |   |   |                                     |
| 6:30p  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p  | <b>Lap Swim</b><br>8:30p-9:30p      |
| 6:45p  |   |   |   |   |   |                                     |
| 7:00p  |   |   |   |   |   |                                     |
| 7:15p  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p  | <b>Lap Swim</b><br>8:30p-9:30p      |
| 7:30p  |   |   |   |   |   |                                     |
| 7:45p  |   |   |   |   |   |                                     |
| 8:00p  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p  | <b>Lap Swim</b><br>8:30p-9:30p      |
| 8:15p  |   |   |   |   |   |                                     |
| 8:30p  |   |   |   |   |   |                                     |
| 8:45p  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:00p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p                                  | <b>Lap Swim</b><br>8:30p-9:30p  | <b>Lap Swim</b><br>8:30p-9:30p      |
| 9:00p  |   |   |   |   |   |                                     |
| 9:30p  |   |   |   |   |   |                                     |

# Thursday

| Time   | Lane 1                                       | Lane 2                                       | Lane 3                              | Lane 4                              | Lane 5                              | Lane 6                              |
|--------|--|--|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 6:00a  | <b>Lap Swim</b><br>6:00a-8:00a               | <b>Lap Swim</b><br>6:00a-8:00a               | <b>Lap Swim</b><br>6:00a-8:00a      | <b>Lap Swim</b><br>6:00a-10:00a     | <b>Lap Swim</b><br>6:00a-3:30p      | <b>Lap Swim</b><br>6:00a-3:30p      |
| 6:30a  |  |  |                                     |                                     |                                     |                                     |
| 7:00a  |  |  |                                     |                                     |                                     |                                     |
| 7:30a  | <b>Open Swim</b><br>8:00a-9:30a              | <b>Open Swim</b><br>8:00a-9:30a              | <b>Open Swim</b><br>8:00a-9:30a     | <b>Lap Swim</b><br>10:30a-3:30p     |                                     |                                     |
| 8:00a  |  |  |                                     |                                     |                                     |                                     |
| 8:30a  |  |  |                                     |                                     |                                     |                                     |
| 9:00a  | <b>SWIM LESSONS</b><br>9:30a-11:30a          | <b>SWIM LESSONS</b><br>9:30a-11:30a          | <b>SWIM LESSONS</b><br>9:30a-11:30a | <b>SWIM LESSONS</b><br>9:30a-11:30a |                                     |                                     |
| 9:30a  |  |  |                                     |                                     |                                     |                                     |
| 10:00a |  |  |                                     |                                     |                                     |                                     |
| 10:30a | <b>Cancelled 7/5</b>                         | <b>Cancelled 7/5</b>                         | <b>Cancelled 7/5</b>                | <b>Lap Swim</b><br>10:30a-3:30p     |                                     |                                     |
| 11:00a |  |  |                                     |                                     |                                     |                                     |
| 11:30a |  |  |                                     |                                     |                                     |                                     |
|        | <b>Open Swim</b><br>11:30a-3:30p             | <b>Open Swim</b><br>11:30a-3:30p             | <b>Open Swim</b><br>11:30a-3:30p    |                                     |                                     |                                     |
| 12:00p |  |  |                                     |                                     |                                     |                                     |
| 12:30p |  |  |                                     |                                     |                                     |                                     |
| 1:00p  | <b>Lap Swim</b><br>3:30p-7:00p               | <b>Lakota Y Team</b><br>3:30p-8:30p          | <b>Lakota Y Team</b><br>3:30p-8:30p | <b>Lakota Y Team</b><br>3:30p-8:30p | <b>Lakota Y Team</b><br>3:30p-8:30p | <b>Lakota Y Team</b><br>3:30p-8:30p |
| 1:30p  |  |  |                                     |                                     |                                     |                                     |
| 2:00p  |  |  |                                     |                                     |                                     |                                     |
| 2:30p  | <b>H2O Fitness to the MAX</b><br>7:00p-7:50p | <b>H2O Fitness to the MAX</b><br>7:00p-7:50p |                                     |                                     |                                     |                                     |
| 3:00p  |  |  |                                     |                                     |                                     |                                     |
| 3:30p  |  |  |                                     |                                     |                                     |                                     |
| 4:00p  | <b>OPEN SWIM</b><br>8:00p-9:30p              | <b>OPEN SWIM</b><br>8:00p-9:30p              |                                     |                                     |                                     |                                     |
| 4:30p  |  |  |                                     |                                     |                                     |                                     |
| 5:00p  |  |  |                                     |                                     |                                     |                                     |
| 5:30p  | <b>Lap Swim</b><br>8:30p - 9:30p             | <b>Lap Swim</b><br>8:30p - 9:30p             | <b>Lap Swim</b><br>8:30p - 9:30p    | <b>Lap Swim</b><br>8:30p - 9:30p    | <b>Lap Swim</b><br>8:30p - 9:30p    | <b>Lap Swim</b><br>8:30p - 9:30p    |
| 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  |  |  |                                     |                                     |                                     |                                     |
| 9:30p  |  |  |                                     |                                     |                                     |                                     |
|        |  |  |                                     |                                     |                                     |                                     |
|        |  |  |                                     |                                     |                                     |                                     |

# Friday

| Time   | Lane 1                                   | Lane 2                                   | Lane 3                                   | Lane 4                                   | Lane 5   | Lane 6                               |
|--------|--|--|--|--|--|--------------------------------------|
| 6:00a  | <b>Lap Swim<br/>6:00a-8:00a</b>          | <b>Lap Swim<br/>6:00a-8:00a</b>          | <b>Lap Swim<br/>6:00a-8:00a</b>          | <b>Lap Swim<br/>6:00a-11:30a</b>         | <b>Lap Swim<br/>6:00a-11:30a</b>               | <b>Lap Swim<br/>6:00a-3:30p</b>      |
| 6:30a  |  |  |  |  |  |                                      |
| 7:00a  |  |  |  |  |  |                                      |
| 7:30a  |  |  |  |  |  |                                      |
| 8:00a  | <b>OPEN SWIM<br/>8:00a-11:30a</b>        | <b>OPEN SWIM<br/>8:00a-11:30a</b>        | <b>OPEN SWIM<br/>8:00a-11:30a</b>        |  |  |                                      |
| 8:30a  |  |  |  |  |  |                                      |
| 9:00a  |  |  |  |  |  |                                      |
| 9:30a  |  |  |  |  |  |                                      |
| 10:00a |  |  |  |  |  |                                      |
| 10:30a |  |  |  |  |  |                                      |
| 11:00a |  |  |  |  |  |                                      |
| 11:30a |  |  |  |  |  |                                      |
|        | <b>Silver Sneakers<br/>Silver Splash</b> | <b>Silver Sneakers<br/>Silver Splash</b> | <b>Silver Sneakers<br/>Silver Splash</b> | <b>Silver Sneakers<br/>Silver Splash</b> | <b>Silver Sneakers<br/>Silver Splash</b>       |                                      |
| 12:00p |  |  |  |  |  |                                      |
|        |  |  |  |  |  |                                      |
| 12:30p | <b>11:35a-12:25p</b>                     | <b>11:35a-12:25p</b>                     | <b>11:35a-12:25p</b>                     | <b>11:35a-12:25p</b>                     | <b>(used if more than<br/>20 participants)</b> |                                      |
| 1:00p  | <b>OPEN SWIM<br/>12:30p-3:30p</b>        | <b>OPEN SWIM<br/>12:30p-3:30p</b>        | <b>OPEN SWIM<br/>12:30p-3:30p</b>        | <b>Lap Swim<br/>12:30p-3:30p</b>         |  |                                      |
| 1:30p  | <b>Lap Swim<br/>3:30p-9:30p</b>          | <b>Lakota Y Team<br/>3:30p-8:30p</b>     | <b>Lakota Y Team<br/>3:30p-8:30p</b>     | <b>Lakota Y Team<br/>3:30p-8:30p</b>     | <b>Lakota Y Team<br/>3:30p-8:30p</b>           | <b>Lakota Y Team<br/>3:30p-8:30p</b> |
| 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  |  | <b>Lap Swim</b>                          | <b>Lap Swim</b>                          | <b>Lap Swim</b>                          | <b>Lap Swim</b>                                | <b>Lap Swim</b>                      |
| 8:45p  |  | <b>8:30p-9:30p</b>                       | <b>8:30p-9:30p</b>                       | <b>8:30p-9:30p</b>                       | <b>8:30p-9:30p</b>                             | <b>8:30p-9:30p</b>                   |
| 9:00p  |  |  |  |  |  |                                      |
| 9:30p  |  |  |  |  |  |                                      |

## Saturday

| Time   | Lane 1  | Lane 2  | Lane 3  | Lane 4  | Lane 5  | Lane 6   |
|--------|---|---|---|---|---|--|
| 7:30a  | <b>Lap Swim</b><br>8:00a-9:00a                        | <b>Lap Swim</b><br>8:00a-9:00a                        | <b>Lap Swim</b><br>8:00a-9:00a                        | <b>Lap Swim</b><br>8:00a-11:30a                       | <b>Lap Swim</b><br>8:00a-9:00a                        | <b>Lap Swim</b><br>8:00a-9:00a                       |
| 8:00a  |   |   |   |   | <b>Swim Lessons</b><br>9:00a-10:30a<br>Cancelled 7/7  | <b>Swim Lessons</b><br>9:00a-10:30a<br>Cancelled 7/7 |
| 8:30a  | <b>Water Aerboics</b><br>9:00a-10:00a                 | <b>Water Aerboics</b><br>9:00a-10:00a                 | <b>Water Aerboics</b><br>9:00a-10:00a                 |   |   |  |
| 9:00a  |   |   |   |   |   |  |
| 9:30a  |   |   |   |   |   |  |
| 10:00a | <b>Swim Lessons</b><br>10:00a-12:30p<br>Cancelled 7/7 | <b>Swim Lessons</b><br>10:00a-12:30p<br>Cancelled 7/7 | <b>Swim Lessons</b><br>10:00a-12:30p<br>Cancelled 7/7 | <b>Swim Lessons</b><br>11:30a-12:30p<br>Cancelled 7/7 | <b>Swim Lessons</b><br>11:30a-12:30p<br>Cancelled 7/7 | <b>Lap Swim</b><br>12:30p-7:30p                      |
| 10:30a |   |   |   |   |   |  |
| 11:00a |   |   |   |   |   |  |
| 11:30a |   |   |   |   |   |  |
| 12:00p | <b>OPEN SWIM</b><br>12:30p-7:30p                      | <b>OPEN SWIM</b><br>12:30p-7:30p                      | <b>OPEN SWIM</b><br>12:30p-7:30p                      | <b>Lap Swim</b><br>12:30p-7:30p                       | <b>Lap Swim</b><br>12:30p-7:30p                       | <b>Lap Swim</b><br>12:30p-7:30p                      |
| 12:30p |   |   |   |   |   |  |
| 1:00p  |   |   |   |   |   |  |
| 1:30p  |   |   |   |   |   |  |
| 2:00p  |   |   |   |   |   |  |
| 2:30p  |   |   |   |   |   |  |
| 3:00p  |   |   |   |   |   |  |
| 3:30p  |   |   |   |   |   |  |
| 4:00p  |   |   |   |   |   |  |
| 4:30p  |   |   |   |   |   |  |
| 5:00p  |   |   |   |   |   |  |
| 5:30p  |   |   |   |   |   |  |
| 6:00p  |   |   |   |   |   |  |
| 6:30p  |   |   |   |   |   |  |
| 7:00p  |   |   |   |   |   |  |
| 7:30p  |   |   |   |   |   |  |

## Sunday

| Time   | Lane 1                           | Lane 2                           | Lane 3                           | Lane 4                          | Lane 5                                | Lane 6                                |
|--------|----------------------------------|----------------------------------|----------------------------------|---------------------------------|---------------------------------------|---------------------------------------|
| 12:00p | <b>Open Swim</b><br>12:00p-5:30p | <b>Open Swim</b><br>12:00p-5:30p | <b>Open Swim</b><br>12:00p-5:30p | <b>Lap Swim</b><br>12:00p-5:30p | <b>Lap Swim</b><br>12:00p-2:00p       | <b>Lap Swim</b><br>12:00p-5:30p       |
| 12:30p |                                  |                                  |                                  |                                 |                                       |                                       |
| 1:00p  |                                  |                                  |                                  |                                 | <b>MOJO TRIATHLETE</b><br>2:00P-2:45P | <b>MOJO TRIATHLETE</b><br>2:00P-2:45P |
| 1:30p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 2:00p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 2:30p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 3:00p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 3:30p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 4:00p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 4:30p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 5:00p  |                                  |                                  |                                  |                                 |                                       |                                       |
| 5:30p  |                                  |                                  |                                  |                                 |                                       |                                       |