



Pool Programs

6/3/2018 - 6/30/2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 6/1/2018

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						H2O Fitness to the Max				
6:30											
7:00											
7:30											
8:00											
8:30											
9:00											
9:30			Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons					
10:00			9:30a-11:30a	9:30a-11:30a	9:30a-11:30a	9:30a-11:30a		9:00a-9:50a			
10:30								Aqua Bootcamp			
11:00						10:00a-11:00a					
11:30		SilverSplash		SilverSplash		SilverSplash	9:00a-12:30p				
12:00		11:30a-12:20p		11:30a-12:20p		11:30a-12:20p					
12:30											
1:00		Camp Arrowhead Summer Camp Monday/Tuesday/Thursday/Friday 1:00p-3:30p									
1:30											
2:00											
2:30											
3:00		Lakota Stingrays Swim Practice 3:30p - 8:30p									
3:30											
4:00											
4:30											
5:00		Swim Lessons		Swim Lessons							
5:30		5:15p-8:00p		5:15p-8:00p							
6:00											
6:30											
7:00			H2O Fitness		Amped Up						
7:30			To The Max		H2O						
8:00			7:00p-7:50p		7:00p-7:50p						
8:30											
9:00											
9:30											
10:00											



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	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 Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN SWIM		LAP SWIM ONLY
8:30								7:30a-12:30P
			8:00a-9:30a	8:00a-9:30a	8:00a-9:30a	8:00a-9:30a		8:00a - 11:30p
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 Swim		LAP & OPEN Swim	LAP SWIM ONLY		
12:00						11:30p-12:30p		
12:30	LAP & OPEN SWIM 12:00p-5:30p Special Event 2:00-2:45p	LAP & OPEN Swim	11:30a-3:30p	LAP & OPEN Swim	11:30a-3:30p		Lap Swim	
1:00						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								
2:30								
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 NO OPEN SWIM		NO LAP SWIM NO OPEN SWIM				
5:30								
6:00								
6:30		5:00p-8:00p	NO LAP SWIM NO OPEN SWIM	5:00p-8:00p	NO LAP SWIM NO OPEN SWIM			
7:00			7:00p-8:00p		7:00p-8:00p			
7:30								
8:00				Open Swim		Open Swim		
8:30			Lap Swim ONLY	8:00p-8:45p	Lap Swim ONLY	8:00p-8:45p	LAP & OPEN SWIM	
			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	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-10:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-3:30p				
6:30a										
7:00a										
7:30a										
8:00a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a							
8:30a										
9:00a										
9:30a	SWIM LESSONS 9:30a-11:30a	SWIM LESSONS 9:30a-11:30a	SWIM LESSONS 9:30a-11:30a	SWIM LESSONS						
10:00a										
10:30a				Lap Swim 10:30a-11:30a						
11:00a										
11:30a	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash (used if more than 20 participants)					
12:00p										
12:30p							11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p
1:00p										
1:30p	Open Swim 12:30p-3:30p	Open Swim 12:30p-3:30p	Open Swim 12:30p-3:30p	Open Swim 12:30p-3:30p	Lap Swim 12:30p-3:30p					
2:00p										
2:30p										
3:00p										
3:30p	Lap Swim 3:30p-5:00p	Lakota Y Team 3:30p-5:00p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p	Lakota Y Team 3:30p-8:30p				
4:00p										
4:30p										
5:00p										
5:15p	SWIM LESSONS 5:15p-8:00p	SWIM LESSONS 5:15p-8:00p								
5:45p										
6:00p										
6:15p										
6:30p										
6:45p										
7:00p										
7:15p										
7:30p										
7:45p										
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p								
8:15p										
8:30p										
8:45p			Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p				
9:00p										
9:30p										

TUESDAY

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

WEDNESDAY

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

Thursday

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

Friday

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

Saturday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lap Swim 8:00a-9:00a	Lap Swim 8:00a-9:00a	Lap Swim 8:00a-9:00a	Lap Swim 8:00a-11:30a	Lap Swim 8:00a-9:00a	Lap Swim 8:00a-9:00a
8:00a						
8:30a	Water Aerboics 9:00a-10:00a	Water Aerboics 9:00a-10:00a	Water Aerboics 9:00a-10:00a		Swim Lessons 9:00a-10:30a	Swim Lessons 9:00a-10:30a
9:00a						
9:30a						
10:00a	Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	Swim Lessons 11:30a-12:30p	Lap Swim 10:30a-11:30a	Lap Swim 12:30p-7:30p
10:30a						
11:00a						
11:30a						
12:00p						
12:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	Lap Swim 12:30p-7:30p	Lap Swim 12:30p-7:30p	Lap Swim 12:30p-7:30p
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	Open Swim 12:00p-5:30p	Open Swim 12:00p-5:30p	Open Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-2:00p	Lap Swim 12:00p-5:30p
12:30p						
1:00p						
1:30p					MOJO TRIATHLETE 2:00P-2:45P	MOJO TRIATHLETE 2:00P-2:45P
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						