

POOL PROGRAMS 11/2/2018 - 11/22/2018

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Updated: 11/2/2018

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	
Bubble Pool Hours	12:00p-5:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	1:00p-7:00p	
6:00		Stingrays Swim Team	Lakota High School	Stingrays Swim Team	Lakota High School			
6:30		5:30a-6:30a	5:15a-6:45a	5:30a-6:30a	5:15a-6:45a			
7:00								
7:30 8:00								
8:30								
9:00							H20 Fitness to the Max	
9:30					Swim Lessons		9:00a-9:50a	
10:00					9:30a-12:00p		Aqua Bootcamp	
10:30							10:00a-11:00a	
11:00					Rocking the Waves		Swim Lessons	
11:30		SilverSplash	Swim Lessons	SilverSplash	11:00a - 11:55a	SilverSplash	9:00a-12:30p	
12:00		11:30a-12:20p	11:30a - 1:30p	11:30a-12:20p		11:30a-12:20p		
12:30								
1:00								
1:30								
2:00							LAKOTA STINGRAYS	
2:30							SWIM TEAM	
3:00			LAKOT	A EAST/WEST SWIM	TEAM		2:00Pp-5:30p	
3:30				3:00pm - 5:00pm			-	
4:00		LAKOTA STINGRAYS SWIM TEAM						
4:30				4:30pm - 9:00pm				
5:00		Swim Lessons		Swim Lessons	1			
5:30		5:15p-8:00p		5:15p-8:00p				
6:00		(Moved to Bubble when possible)		(Moved to Bubble when possible)				
6:30		wilch possible)	1120 57	wilch possible)	A			
7:00			H20 Fitness		Amped Up			
7:30			To The Max		H20			
8:00			7:00p-7:50p		7:00p-7:50p]	
8:30								
9:00								
9:30								
10:00								



LAP & OPEN SWIM SCHEDULE 11/2/2018 - 11/22/2018

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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
Bubble Pool Hours	12:00p-5:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	1:00p-7:00p
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 8:30		LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP SWIM ONLY
6:30		Swim	Swim	Swim	Swim	Swim	7:30a-12:30p
9:00		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-9:30a	8:00a-11:30a	
9:30					LAP SWIM ONLY		
10:00					9:30a-12:00p		
10:30							
11:00							
11:30		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP & OPEN	LAP SWIM ONLY	
12:00		11:30a-12:30p		11:30a-12:30p	Swim	11:30p-12:30p	
12:30		LAP & OPEN	11:30a-1:30p	LAP & OPEN	12:00p-3:30p		Lap Swim
1:00	LAP & OPEN SWIM	Swim		Swim		LAP & OPEN SWIM	Open Swim
1:30	12:00p-5:30p	12:30p-3:30p	LAP & OPEN SWIM	12:30p-3:30p		12:30p - 3:30p	12:30p-2:00p
2:00			1:30p-3:30p				LAP SWIM ONLY
2:30							2:00p-5:30p
3:00 3:30		LAP SWIM ONLY 3:30p-5:00p	LAP SWIM ONLY 3:30p-7:00p	LAP SWIM ONLY 3:30p-5:00p	LAP SWIM ONLY 3:30p-7:00p	LAP SWIM ONLY 3:00p-8:30p	
3:30					·		
4:00		(Lap Swim Available in Bubble when open)	(Lap Swim Available in Bubble when open)	(Lap Swim Available in Bubble when open)	in Bubble when open)	in Bubble when open)	
4:30							
5:00		NO LAP SWIM		NO LAP SWIM			
5:30		NO OPEN SWIM		NO OPEN SWIM			Lap Swim
6:00							Open Swim
6:30		5:00p-8:30p		5:00p-8:30p			5:30p-7:30p
			NO OBEN CHIM		NO OBEN CHIM		
7:00			NO OPEN SWIM		NO OPEN SWIM		
7:30			7:00p-8:00p		7:00p-8:00p		
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	
9:00		8:30p-9:30p	Lap & Open Swim	8:30p-9:30p	Lap & Open Swim	8:45p-9:30p	
9:30			8:45p-9:30p		8:45p-9:30p		
10:00							

MONDAY									
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
6:00a				Lakota Stingrays	Lakota Stingrays	Lakota Stingrays			
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a			
7:00a	Lap Swim	Lap Swim							
7:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:45a-10:00a	6:45a-11:30a	6:45a-3:00p			
8:00a									
8:30a	Open Swim	Open Swim							
9:00a	8:00a-11:30a	8:00a-11:30a							
9:30a									
10:00a									
10:30a 11:00a									
11:30a									
12:00p	Silver Sneakers Silver Splash								
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 particpants)				
1:00p	·		·	·					
1:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim				
2:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p				
2:30p									
3:00p	Lap Swim	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West			
3:30p	3:00p-4:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p			
4:00p	(Lane available in BUBBLE)								
4:30p	Lakota Stingrays	Lakota Stingrays							
5:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p			
5:15p									
5:45p 6:00p	SWIM LESSONS	SWIM LESSONS							
С.ООР	SWIM EESSONS	SWIM EESSONS							
6:15p	5:15p-8:00p	5:15p-8:00p							
6:30p	3.13p 0.00p	3.13p 0.00p							
6:45p	(In Bubble)	(In Bubble)							
7:00p									
7:15p	When Lessons in Bub ALL I	oble, Swim Team uses Lanes							
7:30p									
7:45p									
8:00p									
8:15p	Lap Swim								
8:30p	8:00p-9:30p								
8:45p									
9:00p									
9:30p									

	TUESDAY									
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6				
6:00a		Lakota East/West								
6:30a		5:30a - 6:45a								
7:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
7:30a	6:00a-8:00a	6:45a-8:00a	6:45a-8:00a	6:45a-3:00p	6:45a-3:00p	6:45a-3:00p				
8:00a										
8:30a	Open Swim	Open Swim	Open Swim							
9:00a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a							
9:30a										
10:00a 10:30a	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS							
11:00a	10:00a-1:30p	10:00a-1:30p	10:00a-1:30p							
11:30a										
12:00p										
12:30p										
1:00p 1:30p	Open Swim	Open Swim	Open Swim							
2:00p	1:30p-3:00p	1:30p-3:00p	1:30p-3:00p							
2:30p	1.300 3.000	1.500 5.000	1.500 5.000							
3:00p										
	Lap Swim 3:00p-4:00p	Lakota East/West 3:00p-5:00p								
3:30p 4:00p	(Lane available in	3:004-3:004	3:00p-3:00p	3:004-3:004	3:004-3:004	3:00p-3:00p				
<u> </u>	BUBBLE after 4p) Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays				
4:30p						3.7				
5:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p				
5:30p 5:45p										
6:00p										
6.15										
6:15p										
6:30p										
6:45p										
7:00p 7:15p	H20 Fitness	H20 Fitness								
7:30p	to the MAX	to the MAX								
	7:00p-7:50p (In	7:00p-7:50p (In								
7:45p	Bubble when Bubble is open)	Bubble when Bubble is open)								
8:00p 8:15p	Lap Swim 8:00p-9:30p									
8:30p	0.00р 5.50р									
8:45p										
9:00p		Lap Swim								
9:30p		9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p				

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a				Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a	Lap Swim	Lap Swim				
7:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:45a-10:00a	6:45a-11:30a	6:45a-3:00p
8:00a						
8:30a	Open Swim	Open Swim				
9:00a	8:00a-11:30a	8:00a-11:30a				
9:30a						
10:00a 10:30a						
11:00a						
11:30a						
12:00p	Silver Sneakers Silver Splash					
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 particpants)	
1:00p	11.55a 12.25p	11.55a 12.25p	11.55a 12.25p	11.33a 12.23p	participants	
1:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	
2:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	
2:30p						
3:00p	Lap Swim	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
3:30p	3:00p-4:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
4:00p	(Lane available in BUBBLE)					
4:30p	Lakota Stingrays	Lakota Stingrays				
5:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p
5:15p						
5:45p 6:00p	SWIM LESSONS	SWIM LESSONS				
0.00р	JWIM EEJJONJ	JWIM EEJJONJ				
6:15p						
6.30	5:15p-8:00p	5:15p-8:00p				
6:30p 6:45p	(In Bubble)	(In Bubble)				
7:00p	(iii buoble)	(iii bubble)				
7:15p	When Lessons in Bub					
7:30p	ALL I	.anes				
7:45p						
8:00p						
8:15p	Lap Swim					
8:30p	8:00p-9:30p					
8:45p	0.00р 3.30р					
9:00p		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p		9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a		Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
6:30a		5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a
7:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
		·				
7:30a	6:00a-8:00a	6:45a-8:00a	6:45a-8:00a	6:45a-3:00p	6:45a-3:00p	6:45a-3:00p
8:00a						
8:30a	Open Swim	Open Swim	Open Swim			
9:00a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a			
9:30a	0.000 10.000	0.000 10.000	0.000 10.000			
10:00a						
10:30a	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS			
11:00a	9:30a-1:30p	9:30a-1:30p	9:30a-1:30p			
11:30a						
12:00p						
12:30p						
1:00p						
1:30p	Open Swim	Open Swim	Open Swim			
2:00p	1:30p-3:00p	1:30p-3:00p	1:30p-3:00p			
2:30p						
3:00p	Lap Swim	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
3:30p	3:00p-4:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
4:00p	(Lane available in BUBBLE after 4p)					
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
5:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H20 Fitness	H20 Fitness				
7:15p	to the	to the				
7:30p	MAX	MAX				
	7:00p-7:50p (In	7:00p-7:50p (In				
7:45p	Bubble when Bubble is open)	Bubble when Bubble is open)				
8:00p	Lap Swim	13 Open)				
8:15p	8:00p-9:30p					
8:30p	5.50р 5.50р					
8:45p						
9:00p		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p		9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-11:30a	6:00a-11:30a	6:00a-4:00p
7:30a						
8:00a						
6.00a						
8:30a	OPEN SWIM	OPEN SWIM	OPEN SWIM			
0.00	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a			
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	
12.000	Spiasii	Spiusii	Spiusii	Spiasii	(used if more than	
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 particpants)	
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	
1:30p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	
2:00p						
2:30p						
3:00p	Lap Swim	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
3:30p	3:00p-4:00p (Lane available in	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
4:00p	BUBBLE after 4p)					
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:5Up						
5:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p 7:30p						
7:5UP						
_						
7:45p	1, 5,					
8:00p 8:15p	Lap Swim 8:00p-9:30p					
	6.00р-3:30р					
8:30p						
8:45p						
9:00p		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p		9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p
_						

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a	8:00a-11:30a	8:00a-9:00a	8:00a-9:00a
8:30a	Water Aerboics	Water Aerboics	Water Aerboics		Swim Lessons	Swim Lessons
9:00a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a		9:00a-10:30a	9:00a-10:30a
9:30a						
10:00a					Lap Swim	
10:30a					10:30a-11:30a	
11:00a	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
11:30a	10:00a-12:30p	10:00a-12:30p	10:00a-12:30p	11:30a-12:30p	11:30a-12:30p	
12:00p 12:30p				Lap Swim	Lap Swim	Lap Swim
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	12:30p-2:00p	12:30p-2:00p	12:30p-2:00p
				,	,	,
1:30p	12:30p-2:00p	12:30p-2:00p	12:30-2:00p			
		Lakota Stingrays				
2:00p 2:30p	Lap Swim 2:00p-5:30p	2.00- 5.20-	3.00- 5.30-	3.00- 5.30-	3.00- 5.30-	2.00 5.20
3:00p	2:00p-3:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p
•	(Lane will be utilized					
3:30p	by swim team until a member arrives.					
4:00p	Please ask Lifeguard					
4:30p	or Coach to move over when you arrive)					
5:00p						
5:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
6:00p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p
6:30p						
7:00p						
7:30p						

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p						
12:30p						
1:00p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
1:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						