



# POOL PROGRAMS

## 11/26/2018 - 12/18/2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 11/19/2018

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 Hrs	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 Hrs	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	
<b>6:00</b>		Stingrays Swim Team	Lakota High School	Stingrays Swim Team	Lakota High School			
<b>6:30</b>		5:30a-6:30a	5:15a-6:45a	5:30a-6:30a	5:15a-6:45a			
<b>7:00</b>								
<b>7:30</b>								
<b>8:00</b>								
<b>8:30</b>								
<b>9:00</b>								H2O Fitness to the Max
<b>9:30</b>					Swim Lessons			9:00a-9:50a
<b>10:00</b>					9:30a-12:00p			Aqua Bootcamp
<b>10:30</b>								10:00a-11:00a
<b>11:00</b>				Rocking the Waves	Swim Lessons			
<b>11:30</b>	SilverSplash	Swim Lessons	SilverSplash	11:00a - 11:55a	SilverSplash	9:00a-12:30p		
<b>12:00</b>	11:30a-12:20p	11:30a - 1:30p	11:30a-12:20p		11:30a-12:20p			
<b>12:30</b>								
<b>1:00</b>								
<b>1:30</b>								
<b>2:00</b>						LAKOTA STINGRAYS SWIM TEAM		
<b>2:30</b>						2:00Pp-5:30p		
<b>3:00</b>	<b>LAKOTA EAST/WEST SWIM TEAM</b>							
<b>3:30</b>	<b>3:00pm - 5:00pm</b>							
<b>4:00</b>	<b>LAKOTA STINGRAYS SWIM TEAM</b>							
<b>4:30</b>	<b>4:30pm - 9:00pm</b>							
<b>5:00</b>	Swim Lessons			Swim Lessons				
<b>5:30</b>	5:15p-8:00p			5:15p-8:00p				
<b>6:00</b>	(Moved to Bubble when possible)			(Moved to Bubble when possible)				
<b>6:30</b>								
<b>7:00</b>		H2O Fitness to the Max			Amped Up H2O			
<b>7:30</b>		(Moved to Bubble when possible)			(Moved to Bubble when possible)			
<b>8:00</b>		7:00p-7:50p			7:00p-7:50p			
<b>8:30</b>								
<b>9:00</b>								
<b>9:30</b>								
<b>10:00</b>								



# LAP & OPEN SWIM SCHEDULE

## 11/26/2018 - 12/18/2018

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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
<b>6:00</b>		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
<b>6:30</b>						6:00a-8:00a	
<b>7:00</b>		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a		
<b>7:30</b>							
<b>8:00</b>		LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP SWIM ONLY
<b>8:30</b>		Swim	Swim	Swim	Swim	Swim	7:30a-12:30p
<b>9:00</b>		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-9:30a	8:00a-11:30a	
<b>9:30</b>					LAP SWIM ONLY		
<b>10:00</b>					9:30a-12:00p		
<b>10:30</b>							
<b>11:00</b>							
<b>11:30</b>		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP & OPEN	LAP SWIM ONLY	
<b>12:00</b>		11:30a-12:30p		11:30a-12:30p	Swim	11:30p-12:30p	
<b>12:30</b>		LAP & OPEN	11:30a-1:30p	LAP & OPEN	12:00p-3:30p		Lap Swim
<b>1:00</b>	LAP & OPEN SWIM	Swim		Swim		LAP & OPEN SWIM	Open Swim
<b>1:30</b>	12:00p-5:30p	12:30p-3:30p	LAP & OPEN SWIM	12:30p-3:30p		12:30p - 3:30p	12:30p-2:00p
<b>2:00</b>			1:30p-3:30p				LAP SWIM ONLY
<b>2:30</b>							2:00p-5:30p
<b>3:00</b>		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
<b>3:30</b>		3:30p-5:00p	3:30p-7:00p	3:30p-5:00p	3:30p-7:00p	3:00p-8:30p	
<b>4:00</b>		(Lap Swim Available in Bubble when open)	(Lap Swim Available in Bubble when open)	(Lap Swim Available in Bubble when open)	(Lap Swim Available in Bubble when open)	(Lap Swim Available in Bubble when open)	
<b>4:30</b>							
<b>5:00</b>		NO LAP SWIM NO OPEN SWIM		NO LAP SWIM NO OPEN SWIM			
<b>5:30</b>							Lap Swim
<b>6:00</b>							Open Swim
<b>6:30</b>		5:00p-8:30p		5:00p-8:30p			5:30p-7:30p
<b>7:00</b>			NO OPEN SWIM		NO OPEN SWIM		
<b>7:30</b>							
<b>8:00</b>			7:00p-8:30p		7:00p-8:30p		
<b>8:30</b>		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	LAP & OPEN SWIM	
<b>9:00</b>		8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:45p-9:30p	
<b>9:30</b>							
<b>10:00</b>							

MONDAY												
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6						
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-11:30a	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	Lap Swim						
7:00a												
8:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a		7-11:30a	7-11:30a	7a-3p						
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							11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 participants)	
1:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p							
1:30p												
2:00p												
2:30p												
3:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p						
3:30p												
4:00p												
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						
5:15p	SWIM LESSONS 5:15p-8:00p (In Bubble) When Lessons in Bubble, Swim Team uses ALL Lanes	SWIM LESSONS 5:15p-8:00p (In Bubble)										
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											
8:15p												
8:30p												
8:45p												
9:00p												
9:30p												

**TUESDAY**

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a
6:30a		Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7a-3p	Lap Swim 7a-3p	Lap Swim 7a-3p
7:00a		Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a		
7:00a						
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a	SWIM LESSONS 11:30a-1:30p	SWIM LESSONS 11:30a-1:30p	SWIM LESSONS 11:30a-1:30p			
12:00p	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p			
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
3:30p						
4:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
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 (In Bubble when Bubble is open)	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)				
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 8:00p-9:30p					
8:15p						
8:30p						
8:45p						
9:00p		Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
9:30p						

## WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-11:30a	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	Lap Swim	
7:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Lap Swim 6-11:30a	Lap Swim 7-11:30a	Lap Swim 7-11:30a	Lap Swim 7a-3p	
8:00a							
8:30a							
9:00a							
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 participants)		
1:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p		
1:30p							
2:00p							
2:30p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	
3:00p							
3:30p							
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	
4:30p	SWIM LESSONS 5:15p-8:00p (In Bubble)  When Lessons in Bubble, Swim Team uses ALL Lanes	SWIM LESSONS 5:15p-8:00p (In Bubble)	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	
5:00p							
5:15p							
5:45p							
6:00p							
6:15p							
6:30p							
6:45p							
7:00p							
7:15p							
7:30p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	
7:45p							
8:00p							
8:15p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	
8:30p							
8:45p							
9:00p							
9:30p							

## THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 7-8a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a
6:30a						
7:00a			Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7-9:30a	Lap Swim 7-9:30a
8:00a	Open Swim 8:00a-11:00a	Open Swim 8:00a-11:00a	Open Swim 8:00a-11:00a	Lap Swim 7-9:30a	Lap Swim 7-9:30a	Lap Swim 7-9:30a
8:30a						
9:00a						
9:30a						
10:00a						
10:30a	SWIM LESSONS 9:30a-12p	SWIM LESSONS 9:30a-12p	SWIM LESSONS 9:30a-12p			
11:00a						
11:30a	Rocking the Waves 11-11:50a	Rocking the Waves 11-11:50a	Rocking the Waves 11-11:50a			
12:00p	Open Swim 12p-3:00p	Open Swim 12p-3:00p	Open Swim 12p-3:00p			
12:30p						
1:00p						
1:30p						
2:00p						
2:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)				
7:00p						
7:15p						
7:30p	Lap Swim 8:00p-9:30p					
7:45p						
8:00p						
8:15p						
8:30p						
8:45p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
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-4:00p
6:30a						
7:00a						
7:00a						
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	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	
12:00p						
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 participants)	
1:00p	OPEN SWIM	OPEN SWIM	OPEN 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	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p	Lap Swim 8:00p-9:30p					
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 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-10:00a	8:00a-9:00a	8:00a-9:00a	8a-2p
8:30a						
9:00a						
9:30a	9-9:50a	9-9:50a		Swim Lessons 9-10a	Swim Lessons 9-10a	
10:00a	Aqua Bootcamp	Aqua Bootcamp	Swim Lessons	Swim Lessons	Swim Lessons	
10:30a	10-11a	10-11a	10a-12:30p	10a-12:30p	10a-12:30p	
11:00a	Swim Lessons	Swim Lessons				
11:30a	11a-12:30p	11a-12:30p				
12:00p						
12:30p				Lap Swim	Lap Swim	
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	12:30p-2:00p	12:30p-2:00p	
1:30p	12:30p-2:00p	12:30p-2:00p	12:30-2:00p			
2:00p	Lap Swim	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
2:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p
3:00p	(Lane will be utilized by swim team until a member arrives. Please ask Lifeguard or Coach to move over when you arrive)					
3:30p						
4:00p						
4:30p						
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

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