



Pool Programs

Thanksgiving Week

11/18/18-11/25/18

Updated 11/18/18

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

Swim Test may be given during periods of Lap Swimming. Please understand these need to be completed to allow everyone an opportunity to utilize the pools. We may ask if you can share your space for a moment of time.

Bubble Hours	11/18&25/18	11/19/2018	11/20/2018	11/21/2018	11/22/2018	11/23/2018	11/24/2018
	12-5p	4-8p	4-8p	4-8p	H A P P Y T H A N K S G I V I N G		1-7p
6:00		Lakota Y TeamMCA Practice 5:30a-7:00a	Lakota East/West 5:15a-6:45a	Lakota Y TeamMCA Practice 6:00a-8:00a			
6:30							
7:00							
7:30				Lakota East/West			Pool Opens at 7AM
8:00				Swim Practice			
8:30							Lakota East/West Swim Practice 8:00a-10:30a
9:00				8:00a-11:00a			H2O Fitness to the Max 9:00a-9:50a
9:30							Aqua Bootcamp 10:00a-10:50a
10:00							
10:30							
11:00							
11:30		SilverSplash 11:30a-12:20p		SilverSplash 11:30a-12:20p			
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00		Lakota EAST/WEST Swim Practice 3:00p-5:00p		Lakota Y Team			Lakota Y Team
3:30							Lakota Y Team Swim Practice 3:00p-6:30p
4:00				Swim Practice			
4:30							
5:00		Lakota Y Team Practice Monday/Tuesday 4:30p-9:00p		2:00p-6:30p			2:00p-6:30p
5:30							
6:00							
6:30							
7:00			H2O Fitness to the Max (IN Bubble) 7:00p-7:50p			Pool Closes at 7:00p	
7:30							
8:00			Lakota Y Team Swim Practice				
8:30							
9:00				Pool Closes at 9:30			
9:30						Pool Closes at 9:30	

****Schedule is subject to change**

For additional information on programs and practice times please see other side



Open Swim/Lap Swim Schedule

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	11/17 & 25/18	11/19/18	11/20/18	11/21/18	11/22/18	11/23/18	11/24/18
Bubble Hours	12-5p	4-8p	4-8p	4-8p	H A P P Y T H A N K S G I V I N G		1-7p
6:00		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY			
6:30							
7:00		6:00-8:00	6:00-8:00	6:00-10:30a			
7:30							
8:00							
8:30		Lap & Open Swim	Lap/Open Swim				Lap Swim
9:00		8:00a-10:00a				Lap Swim ONLY	
9:30			8:00a-3:00p			7:30a-10:30a	7:30a-10:00a
10:00							
10:30		Lap Swim ONLY		Lap & Open Swim			Open Swim Only
11:00		10:00a-12:30p		10:30a-11:30a			10:00a-11:00a
11:30				Lap Swim ONLY		Lap & Open Swim	Lap & Open Swim
12:00				11:30a-12:30p			
12:30							
1:00		Lap & Open Swim		Lap & Open Swim		10:30a-2:00p	11:00a-3:00p
1:30				11:30a-2:00p			
2:00		12:30p-3:00p				Lap Swim Only	
2:30	Lap & Open Swim					2:00p-6:30p	
3:00	12:00p-5:30p	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY			
3:30		3:00p-9:30p	3:00p-4:30p	2:00p-4:30p			
4:00							
4:30		NO LAP SWIM 4:30p-5:00p	NO LAP SWIM 4:30p-5:00p				Open Swim
5:00				OPEN SWIM			Only
5:30		Lap Swim ONLY	Lap Swim ONLY	ONLY		3:00p-6:30p	
6:00		4:00p-9:30 (IN Bubble)	4:30p-7:00p	4:30p-6:30p			
6:30							
7:00			NO LAP/OPEN Swim	Open & Lap Swim	Open & Lap Swim		
7:30			7:00p-8:00p	6:30p-9:00p	6:30p-8:00p		
8:00			OPEN SWIM ONLY				
8:30			8:00p-9:30p				
9:00							
9:30							

****Schedule is subject to change**

For additional information on programs and practice times please see other side

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6						
6:00a	Lap Swim Only 6:00a-8:00a Open Swim 8:00a-11:30a	Lap Swim Only 6:00a-8:00a Open Swim 8:00a-11:30a	Lakota Y Team 5:30a-7:00a	Lakota Y Team 5:30a-7:00a	Lap Swim Only 7:00a-11:30p	Lap Swim Only 7:00a-3:00p						
6:30a												
7:00a												
7:30a												
8:00a												
8:30a												
9:00a												
9:30a												
10:00a												
10:30a												
11:00a												
11:30a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*							
12:00p												
12:30p	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							
1:00p												
1:30p												
2:00p												
2:30p	Lap Swim 3:00p-4:30p <small>(Lane Available in Bubble after 4:30p)</small>	Lakota High School 3:00p-4:30p	Lakota High School 3:00p-4:30p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p						
3:00p												
3:30p												
4:00p												
4:30p												
5:00p												
5:15p												
5:45p												
6:00p							Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p
6:15p												
6:30p												
6:45p												
7:00p												
7:15p												
7:30p												
7:45p												
8:00p												
8:15p												
8:30p	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	Lap Swim 9:00p-9:30p						
8:45p												
9:00p												
9:30p												

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim Only 6:00a-8:30a	Lakota High School 5:15a-6:45a	Lakota High School 5:15a-6:45a	Lakota High School 5:15a-6:45a	Lakota High School 5:15a-6:45a	Lakota High School 5:15a-6:45a
6:30a		Lap Swim 6:45a-8:30a	Lap Swim 6:45a-8:30a	Lap Swim 6:45a-3:00p	Lap Swim 6:45a-3:00p	Lap Swim 6:45a-3:00p
7:00a						
7:30a						
8:00a	Open Swim 8:30a-3:00p	Open Swim 8:30a-3:00p	Open Swim 8:30a-3:00p			
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p						
1:00p	LAP SWIM 3:00p-4:30p (Lane Available in Bubble after 4:30p)	Lakota High School 3:00p-4:30p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p	Lakota High School 3:00p-5:00p
3:00p						
3:30p	Lakota Y Team 4:30-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p	Lakota Y Team 4:30p-9:00p
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p	H2O Fitness to the MAX In Bubble when open 7:00p-7:50p	H2O Fitness to the MAX In Bubble when open 7:00p-7:50p				
7:00p						
7:15p						
7:30p	Open Swim 8:00p-9:30p	Open 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
7:45p						
8:00p						
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	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 Only 6:00a-10:30a	Lap Swim Only 6:00a-7:30a	Lakota Y Team 6-8AM	Lakota Y Team 6-8AM	Lakota Y Team 6-8AM	Lakota Y Team 6-8AM
6:30a						
7:00a		Lakota High School 8-11a	Lakota High School 8-11a	Lakota High School 8-11a	Lakota High School 8-11a	Lakota High School 8-11a
7:30a						
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*	
12:00p						
12:30p	Open Swim 12:30p-2:00p	Open Swim 12:30p-2:00p	Open Swim 12:30p-2:00p	Lap Swim 12:30p-2:00p	Lap Swim 12:30p-2:00p	
1:00p						
1:30p	Lap Swim 2:00p-4:00p Lane Available in Bubble after 4p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:15p						
5:45p						
6:00p	Open Swim 6:30p-9:00p	Open Swim 6:30p-9:00p	Open Swim 6:30p-9:00p	Lap Swim 6:30p-9:00p	Lap Swim 6:30p-9:00p	
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a						
7:30a						
8:00a	Lap Swim 7:30a-10:30a	Lakota High School 8:00a-10:30a	Lakota High School 8:00a-10:30a	Lakota High School 8:00a-10:30a	Lakota High School 8:00a-10:30a	Lakota High School 8:00a-10:30a
8:30a						
9:00a						
9:30a						
10:00a						
10:30a	OPEN SWIM 10:30a-2:00p	OPEN SWIM 10:30a-2:00p	OPEN SWIM 10:30a-2:00p	Lap Swim 10:30a-2:00p	Lap Swim 10:30a-2:00p	Lap Swim 10:30a-2:00p
11:00a						
11:30a						
12:00p						
12:30p						
1:00p	Lap Swim 2:00p-4:00p Lane Available in Bubble after 4p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p
1:30p						
2:00p						
2:30p						
3:00p						
3:30p	Open Swim 6:30p-9:00p	Open Swim 6:30p-9:00p	Open Swim 6:30p-9:00p	Lap Swim 6:30p-9:00p	Lap Swim 6:30p-9:00p	Lap Swim 6:30p-9:00p
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						

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a						
7:30a	Lap Swim 7:30a-9:00a	Lap Swim 7:30a-9:00a	Lap Swim 7:30a-9:00a	Lap Swim 7:30a-9:00a	Lap Swim 7:30a-3:00p	Lap Swim 7:30a-3:00p
8:00a						
8:30a						
9:00a	Water Aerboics 9:00a-10:00a	Water Aerboics 9:00a-10:00a	Water Aerboics 9:00a-10:00a	Lap Swim 11:00a-2:00p	Lap Swim 11:00a-2:00p	Lap Swim 11:00a-2:00p
9:30a						
10:00a						
10:30a	OPEN SWIM 10:00a-7:30p	OPEN SWIM 10:00p-2:00p	OPEN SWIM 10:00p-2:00p	Water Aerboics 10:00-11:00a	Water Aerboics 10:00-11:00a	Water Aerboics 10:00-11:00a
11:00a						
11:30a						
12:00p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-5:30p	Lakota Y Team 2:00p-5:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p	Lakota Y Team 2:00p-6:30p
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						
7:30p						

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
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						