



POOL PROGRAMS

4/22/2019-5/25/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 4/18/2019

This guide is designed to 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	Closed	Closed	Closed	Closed	Closed	Closed	Closed		
6:00									
6:30									
7:00									
7:30									
8:00									
8:30									
9:00									
9:30									
10:00									
10:30									
11:00			Rocking the Waves 10:00-10:55AM		Swim Lessons 9:30-11:00 AM		H2O Fitness to the Max 9:00a-9:50a		
11:30			SilverSplash 10:30a-1:30p		SilverSplash 11:00a - 11:55a		Rocking the Waves	Aqua Bootcamp 10:00a-11:00a	
12:00			11:30a-12:20p		11:30a-12:20p		11:30a-12:20p	11:30a-12:20p	Swim Lessons 9:45a-12:30p
12:30									
1:00									
1:30									
2:00									
2:30									
3:00									
3:30									
4:00			LAKOTA STINGRAYS SWIM TEAM						
4:30			4:00-8:30 PM						
5:00			Swim Lessons 5:45-7:30 PM			Swim Lessons 6:00p-7:30p			
5:30									
6:00									
6:30									
7:00				H2O Fitness to the Max		Amped Up H2O			
7:30									
8:00				7:00-7:55 PM		7:00-7:55 PM			
8:30									
9:00									
9:30									
10:00									



LAP & OPEN SWIM SCHEDULE

4/22/2019-5/25/2019

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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	Closed	Closed	Closed	Closed	Closed	Closed	Closed
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	LAP SWIM ONLY
8:30		Swim	Swim	Swim	Swim	Swim	7:30-9:30
9:00		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	NO LAP OR OPEN SWIM 9:30-12:00
9:30							
10:00							
10:30							
11:00							
11:30	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
12:00	LAP & OPEN SWIM 12:00p-5:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	LAP AND OPEN SWIM 12:00-2:00
12:30		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	NO LAP OR OPEN SWIM 2:00-5:30
1:00		12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00		NO LAP OR OPEN SWIM 4:00-8:30 pm	NO LAP OR OPEN SWIM 4:00-8:30 pm	NO LAP OR OPEN SWIM 4:00-8:30 pm	NO LAP OR OPEN SWIM 4:00-8:30 pm	NO LAP OR OPEN SWIM 4:00-8:30 pm	LAP AND OPEN SWIM 5:30-7:30
6:30							
7:00							
7:30							
8:00							
8:30	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	
9:00	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	
9:30							
10:00							

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00AM-11:30AM	Lap Swim 6:00AM-11:30AM	Lap Swim 6:00AM-11:30AM	Lap Swim 6:00AM-4:00PM
6:30a						
7:00a						
7:00a						
8:00a	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	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 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	Lakota Stingrays 4:00-8:30PM	Lakota Stingrays 4:00-8:30PM	Lakota Stingrays 4:00-8:30PM	Lakota Stingrays 4:00-8:30PM	Lakota Stingrays 4:00-8:30PM	Lakota Stingrays 4:00-8:30PM
5:00p	SWIM LESSONS 5:45-7:30 PM	SWIM LESSONS 5:45-7:30 PM				
5:15p						
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 8:30-9:30 PM	Lap Swim 8:30-9:30 PM	Lap Swim 8:30-9:30 PM	Lap Swim 8:30-9:30 PM	Lap Swim 8:30-9:30 PM	Lap Swim 8:30-9:30 PM
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	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00AM-4:00 PM	Lap Swim 6:00AM-4:00 PM	Lap Swim 6-4p
6:30a						
7:00a						
7:00a	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM			
8:00a						
8:30a						
9:00a	Water Aerobics 10:00-10:55AM	Water Aerobics 10:00-10:55AM	Water Aerobics 10:00-10:55AM			
9:30a						
10:00a						
10:30a	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p			
11:00a						
11:30a						
12:00p	Open Swim 1:30p-4:00p	Open Swim 1:30p-4:00p	Open Swim 1:30p-4:00p			
12:30p						
1:00p						
1:30p	Lakota Stingrays 4:00-8:30 PM	Lakota Stingrays 4:00-8:30 PM	Lakota Stingrays 4:00-8:30 PM	Lakota Stingrays 4:00-8:30 PM	Lakota Stingrays 4:00-8:30 PM	Lakota Stingrays 4:00-8:30 PM
2:00p						
2:30p						
3:00p	H2O Fitness to the MAX 7:00-7:55p	H2O Fitness to the MAX 7:00-7:55p				
3:30p						
4:00p						
4:30p	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
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						
8:45p						
9:00p						
9:30p						

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a	Lap Swim	Lap Swim				
7:00a	6-8a	6-8a				
7:00a			Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00a			6-11:30a	6-11:30a	6-11:30a	6:00AM-3:00PM
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	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	(less than 20 participants)	
1:00p						
1:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	
2:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
5:00p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p
5:15p						
5:45p						
6:00p	SWIM LESSONS	SWIM LESSONS				
6:15p	6:00-7:30 PM	6:00-7:30 PM				
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p						
8:15p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p
8:45p						
9:00p						
9:30p						

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:00a	6-8a	6-8a	6-8a			
8:00a				7:00-4:00PM	7:00-4:00PM	7:00-3:00PM
8:30a	Open Swim	Open Swim	Open Swim			
9:00a	8:00a-11:00a	8:00a-11:00a	8:00a-11:00a			
9:30a						
10:00a						
10:30a						
11:00a						
11:30a	Rocking the Waves	Rocking the Waves	Rocking the Waves			
12:00p	11-11:50a	11-11:50a	11-11:50a			
12:30p						
1:00p	Open Swim	Open Swim	Open Swim			
1:30p	12:00-4:00 PM	12:00-4:00 PM	12:00-4:00 PM			
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
5:00p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p	H2O Fitness	H2O Fitness				
7:30p	to the MAX 7:00-7:55 PM	to the MAX 7:00-7:55 PM				
7:45p						
8:00p						
8:15p						
8:30p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:45p	8:00-9:30 PM	8:00-9:30 PM	8:00-9:30 PM	8:00-9:30 PM	8:00-9:30 PM	8:00-9:30 PM
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-3:00p
6:30a						
7:00a						
7:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a			
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p (max 20 participants)	
1:00p	OPEN SWIM 12:30p-4:00p	OPEN SWIM 12:30p-4:00p	OPEN SWIM 12:30p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays 4:00p-8:30p	Lakota Stingrays 4:00p-8:30p	Lakota Stingrays 4:00p-8:30p	Lakota Stingrays 4:00p-8:30p	Lakota Stingrays 4:00p-8:30p	Lakota Stingrays 4:00p-8:30p
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	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
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lap Swim	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-10:00a	8:00a-10:00a	8a-5:30p
8:30a						
9:00a	H2O	H2O				
9:30a	9-9:50a	9-9:50a				
10:00a	Aqua Bootcamp	Aqua Bootcamp	Aqua Bootcamp	Swim Lessons	Swim Lessons	Swim Lessons
10:30a	10-11a	10-11a	10-11a	9:45a-12:30p	9:45a-12:30p	9:45a-12:30p
11:00a						
11:30a						
12:00p						
12:30p						
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
1:30p	12:30-2:00PM	12:30-2:00PM	12:30-2:00PM	12:30-2:00 PM	12:30-2:00 PM	12:30-2:00 PM
2:00p						
2:30p						
3:00p						
3:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:00p	2:00-5:30 PM	2:00-5:30 PM	2:00-5:30 PM	2:00-5:30 PM	2:00-5:30 PM	2:00-5:30 PM
4:30p						
5:00p						
5:30p						
6:00p						
6:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM
7:00p	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM
7:30p						

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p						
12:30p						
1:00p	Lifeguard Review Class	Lifeguard Review Class	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						