



POOL PROGRAMS

3/24/2019-4/20/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 4/9/2019

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	12:00-5:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	1:00-7:00p													
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				H2O Fitness to the Max 9:00a-9:50a													
11:30			SilverSplash				10:30a-1:30p	SilverSplash	11:00a - 11:55a	SilverSplash	Aqua Bootcamp 10:00a-11:00a									
12:00			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																				
4:30																				
5:00			LAKOTA STINGRAYS SWIM TEAM																	
5:30			Swim Lessons 5:45-7:30 PM	4:00-8:30 PM		Swim Lessons 6:00p-7:30p														
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

3/24/2019-4/20/2019

Updated: 4/9/2019

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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	12:00-5:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	1:00-7:00p	
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		LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN		LAP SWIM ONLY
8:30		Swim	Swim	Swim	Swim	Swim		7:30-1:00PM
9:00		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a		
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		
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 & OPEN SWIM 1:00-7:00p	
12:30								
1:00		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM		
1:30		12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p		
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00		LAP & OPEN SWIM 4:00-8:00p (IN BUBBLE)	LAP & OPEN SWIM 4:00-8:00p (IN BUBBLE)	LAP & OPEN SWIM 4:00-8:00p (IN BUBBLE)	LAP & OPEN SWIM 4:00-8:00p (IN BUBBLE)	LAP & OPEN SWIM 4:00-8:00p (IN BUBBLE)		
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		
9:00		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	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	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
5:00p	4:00-8:30PM	4:00-8:30PM	4:00-8:30PM	4:00-8:30PM	4:00-8:30PM	4:00-8:30PM
5:15p	SWIM LESSONS 5:45-7:30 PM	SWIM LESSONS 5:45-7:30 PM				
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p	(IN BUBBLE WHEN OPEN)					
7:30p						
7:45p						
8:00p						
8:15p	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
8:30p						
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	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 (IN BUBBLE WHEN OPEN) 7:00-7:55p	H2O Fitness to the MAX (IN BUBBLE WHEN OPEN) 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						
8:30p						
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	(IN BUBBLE WHEN OPEN)					
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 (IN BUBBLE WHEN OPEN)	to the MAX 7:00-7:55 PM (IN BUBBLE WHEN OPEN)				
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	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 (less than 20 participants)	
12:00p						
12:30p	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	
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	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	Lakota Stingrays 4:00p-8:30p
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	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
8:00p						
8:15p						
8:30p	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
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	1:00-7:00PM	1:00-7:00PM	1:00-7:00PM	12:30-7:00 PM	12:30-7:00 PM	12:30-7:00 PM
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						
12:30p						
1:00p	Lifeguard Class	Lifeguard 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						