



# Pool Programs

## 6/2/2019 - 6/29/2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 4/4/2019

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	
Outdoor Pool Hours	12:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
9:00							H2O Fitness to the Max	
9:30			Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a		9:00a-9:50a Aqua Bootcamp
10:00								10:00a-11:00a Swim Lessons
10:30								
11:00								
11:30		SilverSplash 11:30a-12:20p	Rocking the Waves 10:00-11:00AM	SilverSplash 11:30a-12:20p	Rocking the Waves 10:00-11:00AM	SilverSplash 11:30a-12:20p	9:00a-12:30p	
12:00	LAP & OPEN SWIM 12:00p-5:30p							
12:30								
1:00			Camp Arrowhead Summer Camp Monday/Tuesday/Thursday/Friday 1:00p-3:30p					
1:30			Lap and Open Swim still Available					
2:00			Lakota Stingrays Swim Practice 3:30p - 8:30p					
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00		Swim Lessons 5:45p-7:30p						
6:30								
7:00			H2O Fitness To The Max 7:00p-7:50p		Amped Up H2O 7:00p-7:50p			
7:30								
8:00								
8:30								
9:00								
9:30								
10:00								



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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	
Outdoor Pool Hours	12:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	10:00a-8:00p	
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 Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN SWIM		LAP SWIM ONLY
8:30								7:30a-12:30P
			8:00a-9:30a	8:00a-9:30a	8:00a-9:30a	8:00a-9:30a		8:00a - 11:30p
9:00								
9:30			LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
10:00			9:30a-12:30p	9:30a-11:30a	9:30a-12:30p	9:30a-11:30a		
10:30								
11:00								
11:30			LAP & OPEN Swim		LAP & OPEN Swim	LAP SWIM ONLY		
12:00			11:30a-3:30p		11:30a-3:30p	11:30p-12:30p		
12:30		LAP & OPEN Swim		LAP & OPEN Swim		LAP & OPEN SWIM	Lap Swim	
1:00		LAP & OPEN SWIM					Open Swim	
1:30		12:00p-5:30p	12:30p-3:30p		12:30p-3:30p		12:30p - 3:30p	12:30p-7:30p
2:00		Special Event						
2:30	2:00-2:45p							
3:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
3:30		3:30p-5:00p	3:30p-7:00p	3:30p-5:00p	3:30p-7:00p	3:00p-8:30p		
4:00								
4:30								
5:00		NO LAP SWIM NO OPEN SWIM		NO LAP SWIM NO OPEN SWIM				
5:30								
6:00								
6:30		5:00p-8:00p	NO LAP SWIM NO OPEN SWIM	5:00p-8:00p	NO LAP SWIM NO OPEN SWIM			
7:00			7:00p-8:00p		7:00p-8:00p			
7:30				Open Swim		Open Swim		
8:00			Lap Swim ONLY	8:00p-8:45p	Lap Swim ONLY	8:00p-8:45p	LAP & OPEN SWIM	
8:30			8:00p-9:30p	Lap & Open Swim	8:00p-9:30p	Lap & Open Swim	8:45p-9:30p	
9:00				8:45p-9:30p				
9:30								
10:00								

## MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-10:00a	<b>Lap Swim</b> 6:00a-11:30a	<b>Lap Swim</b> 6:00a-3:30p
6:30a						
7:00a						
7:30a						
8:00a	<b>Open Swim</b> 8:00a-9:30a	<b>Open Swim</b> 8:00a-9:30a	<b>Open Swim</b> 8:00a-9:30a			
8:30a						
9:00a						
9:30a	<b>SWIM LESSONS</b> 9:30a-11:30a	<b>SWIM LESSONS</b> 9:30a-11:30a	<b>SWIM LESSONS</b> 9:30a-11:30a			
10:00a						
10:30a						
11:00a						
11:30a	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b> (used if more than 20 participants)	
12:00p						
12:30p						
1:00p	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	
1:30p	<b>Open Swim</b> 12:30p-3:30p	<b>Open Swim</b> 12:30p-3:30p	<b>Open Swim</b> 12:30p-3:30p	<b>Open Swim</b> 12:30p-3:30p	<b>Lap Swim</b> 12:30p-3:30p	
2:00p						
2:30p						
3:00p						
3:30p	<b>Lap Swim</b> 3:30p-5:00p	<b>Lakota Y Team</b> 3:30p-5:00p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p
4:00p						
4:30p						
5:00p	<b>SWIM LESSONS</b> 5:15p-8:00p	<b>SWIM LESSONS</b> 5:15p-8:00p				
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	<b>Lap Swim</b> 8:00p-9:30p	<b>Lap Swim</b> 8:00p-9:30p				
8:15p						
8:30p						
8:45p			<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p
9:00p						
9:30p						

## TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b> <b>6:00a-8:00a</b>	<b>Lap Swim</b> <b>6:00a-8:00a</b>	<b>Lap Swim</b> <b>6:00a-8:00a</b>	<b>Lap Swim</b> <b>6:00a-10:00a</b>	<b>Lap Swim</b> <b>6:00a-3:30p</b>	<b>Lap Swim</b> <b>6:00a-3:30p</b>
6:30a						
7:00a						
7:30a						
8:00a	<b>Open Swim</b> <b>8:00a-9:30a</b>	<b>Open Swim</b> <b>8:00a-9:30a</b>	<b>Open Swim</b> <b>8:00a-9:30a</b>			
8:30a						
9:00a						
9:30a	<b>SWIM LESSONS</b> <b>9:30a-11:30a</b>	<b>SWIM LESSONS</b> <b>9:30a-11:30a</b>	<b>SWIM LESSONS</b> <b>9:30a-11:30a</b>	<b>SWIM LESSONS</b>		
10:00a						
10:30a						
11:00a	<b>Open Swim</b> <b>11:30a-3:30p</b>	<b>Open Swim</b> <b>11:30a-3:30p</b>	<b>Open Swim</b> <b>11:30a-3:30p</b>			
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p	<b>Lap Swim</b> <b>3:30p-7:00p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	<b>H2O Fitness</b> <b>to the</b> <b>MAX</b> <b>7:00p-7:50p</b>	<b>H2O Fitness</b> <b>to the</b> <b>MAX</b> <b>7:00p-7:50p</b>				
7:15p						
7:30p						
7:45p						
8:00p	<b>OPEN SWIM</b> <b>8:00p-9:30p</b>	<b>OPEN SWIM</b> <b>8:00p-9:30p</b>				
8:15p						
8:30p						
8:30p			<b>Lap Swim</b> <b>8:30p - 9:30p</b>	<b>Lap Swim</b> <b>8:30p - 9:30p</b>	<b>Lap Swim</b> <b>8:30p - 9:30p</b>	<b>Lap Swim</b> <b>8:30p - 9:30p</b>
8:45p						
9:00p						
9:30p						

## WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b> <b>6:00a-8:00a</b>	<b>Lap Swim</b> <b>6:00a-8:00a</b>	<b>Lap Swim</b> <b>6:00a-8:00a</b>	<b>Lap Swim</b> <b>6:00a-10:00a</b>	<b>Lap Swim</b> <b>6:00a-11:30a</b>	<b>Lap Swim</b> <b>6:00a-3:30p</b>
6:30a						
7:00a						
7:30a						
8:00a	<b>Open Swim</b> <b>8:00a-9:30a</b>	<b>Open Swim</b> <b>8:00a-9:30a</b>	<b>Open Swim</b> <b>8:00a-9:30a</b>			
8:30a						
9:00a						
9:30a	<b>SWIM LESSONS</b> <b>9:30a-11:30a</b>	<b>SWIM LESSONS</b> <b>9:30a-11:30a</b>	<b>SWIM LESSONS</b> <b>9:30a-11:30a</b>	<b>SWIM LESSONS</b>		
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	<b>Silver Sneakers</b> <b>Silver Splash</b> <b>11:35a-12:25p</b>	<b>Silver Sneakers</b> <b>Silver Splash</b> <b>11:35a-12:25p</b>	<b>Silver Sneakers</b> <b>Silver Splash</b> <b>11:35a-12:25p</b>	<b>Silver Sneakers</b> <b>Silver Splash</b> <b>11:35a-12:25p</b>	<b>Silver Sneakers</b> <b>Silver Splash</b> <b>(used if more than 20 participants)</b>	
12:30p						
1:00p	<b>Open Swim</b> <b>12:30p-3:30p</b>	<b>Open Swim</b> <b>12:30p-3:30p</b>	<b>Open Swim</b> <b>12:30p-3:30p</b>	<b>Open Swim</b> <b>12:30p-3:30p</b>	<b>Lap Swim</b> <b>12:30p-3:30p</b>	
1:30p						
2:00p						
2:30p						
3:00p	<b>Lap Swim</b> <b>3:30p-5:00p</b>	<b>Lakota Y Team</b> <b>3:30p-5:00p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>	<b>Lakota Y Team</b> <b>3:30p-8:30p</b>
3:30p						
4:00p						
4:30p						
5:00p	<b>SWIM LESSONS</b> <b>5:15p-8:00p</b>	<b>SWIM LESSONS</b> <b>5:15p-8:00p</b>				
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	<b>Lap Swim</b> <b>8:00p-9:30p</b>	<b>Lap Swim</b> <b>8:00p-9:30p</b>				
8:15p						
8:30p						
8:45p						
9:00p			<b>Lap Swim</b> <b>8:30p-9:30p</b>	<b>Lap Swim</b> <b>8:30p-9:30p</b>	<b>Lap Swim</b> <b>8:30p-9:30p</b>	<b>Lap Swim</b> <b>8:30p-9:30p</b>
9:30p						

## Thursday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-10:00a	<b>Lap Swim</b> 6:00a-3:30p	<b>Lap Swim</b> 6:00a-3:30p
6:30a						
7:00a						
7:30a						
8:00a	<b>Open Swim</b> 8:00a-9:30a	<b>Open Swim</b> 8:00a-9:30a	<b>Open Swim</b> 8:00a-9:30a			
8:30a						
9:00a						
9:30a	<b>SWIM LESSONS</b> 9:30a-11:30a	<b>SWIM LESSONS</b> 9:30a-11:30a	<b>SWIM LESSONS</b> 9:30a-11:30a	<b>SWIM LESSONS</b>		
10:00a						
10:30a				<b>Lap Swim</b> 10:30a-3:30p		
11:00a						
11:30a	<b>Open Swim</b> 11:30a-3:30p	<b>Open Swim</b> 11:30a-3:30p	<b>Open Swim</b> 11:30a-3:30p			
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	<b>H2O Fitness to the MAX</b> 7:00p-7:50p	<b>H2O Fitness to the MAX</b> 7:00p-7:50p				
7:15p						
7:30p						
7:45p	<b>OPEN SWIM</b> 8:00p-9:30p	<b>OPEN SWIM</b> 8:00p-9:30p				
8:00p						
8:15p						
8:30p						
8:45p			<b>Lap Swim</b> 8:30p - 9:30p	<b>Lap Swim</b> 8:30p - 9:30p	<b>Lap Swim</b> 8:30p - 9:30p	<b>Lap Swim</b> 8:30p - 9:30p
9:00p						
9:30p						

## Friday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-8:00a	<b>Lap Swim</b> 6:00a-11:30a	<b>Lap Swim</b> 6:00a-11:30a	<b>Lap Swim</b> 6:00a-3:30p
6:30a						
7:00a						
7:30a						
8:00a	<b>OPEN SWIM</b> 8:00a-11:30a	<b>OPEN SWIM</b> 8:00a-11:30a	<b>OPEN SWIM</b> 8:00a-11:30a			
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	<b>Silver Sneakers</b> <b>Silver Splash</b>	
12:30p						
1:00p	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	<b>11:35a-12:25p</b>	<b>(used if more than 20 participants)</b>	
1:30p	<b>OPEN SWIM</b> 12:30p-3:30p	<b>OPEN SWIM</b> 12:30p-3:30p	<b>OPEN SWIM</b> 12:30p-3:30p	<b>Lap Swim</b> 12:30p-3:30p	<b>Lap Swim</b> 12:30p-3:30p	
2:00p						
2:30p						
3:00p						
3:30p	<b>Lap Swim</b> 3:30p-9:30p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p	<b>Lakota Y Team</b> 3:30p-8:30p
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						
8:15p						
8:30p		<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p	<b>Lap Swim</b> 8:30p-9:30p
8:45p						
9:00p						
9:30p						

## Saturday

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
7:30a	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>			
8:00a	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>	<b>8:00a-11:30a</b>	<b>8:00a-9:00a</b>	<b>8:00a-9:00a</b>			
8:30a	<b>Water Aerboics</b>	<b>Water Aerboics</b>	<b>Water Aerboics</b>		<b>Swim Lessons</b>	<b>Swim Lessons</b>			
9:00a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a		<b>9:00a-10:30a</b>	<b>9:00a-10:30a</b>			
9:30a					<b>Lap Swim</b>				
10:00a					<b>10:30a-11:30a</b>				
10:30a									
11:00a	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>	<b>Swim Lessons</b>				
11:30a	<b>10:00a-12:30p</b>	<b>10:00a-12:30p</b>	<b>10:00a-12:30p</b>	<b>11:30a-12:30p</b>	<b>11:30a-12:30p</b>				
12:00p				<b>Lap Swim</b>	<b>Lap Swim</b>				
12:30p				<b>12:30p-7:30p</b>	<b>12:30p-7:30p</b>		<b>12:30p-7:30p</b>		
1:00p	<b>OPEN SWIM</b>	<b>OPEN SWIM</b>	<b>OPEN SWIM</b>						
1:30p									
2:00p							<b>12:30p-7:30p</b>	<b>12:30p-7:30p</b>	<b>12:30p-7:30p</b>
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							<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>
1:30p							<b>12:00p-5:30p</b>	<b>12:00p-5:30p</b>	<b>12:00p-5:30p</b>	<b>12:00p-5:30p</b>	<b>12:00p-2:00p</b>	<b>12:00p-5:30p</b>
2:00p												
2:30p												
3:00p												