





# POOL PROGRAMS

## 9/8/2019 - 11/1/2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 9/5/2019

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
Bubble Pool Hours	<b>COMING OCTOBER 2019</b>						
<b>6:00</b>		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
<b>6:30</b>							
<b>7:00</b>		6:00a-8:00a	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 Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP SWIM ONLY
<b>8:30</b>							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 Swim	LAP SWIM ONLY	
<b>12:00</b>		11:30a-12:30p		11:30a-12:30p		11:30p-12:30p	
<b>12:30</b>		LAP & OPEN Swim	11:30a-1:30p	LAP & OPEN Swim	12:00p-3:30p		Lap Swim
<b>1:00</b>	LAP & OPEN 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>							
<b>3:30</b>							
<b>4:00</b>		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
<b>4:30</b>		3:30p-6:00p	3:30p-6:00p	3:30p-6:00p	3:30p-6:00p	3:30p-8:30p	
<b>5:00</b>							
<b>5:30</b>							Lap Swim
<b>6:00</b>							Open Swim
<b>6:30</b>		NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM		5:30p-7:30p
<b>7:00</b>							
<b>7:30</b>		6:00p-8:30p	6:00p-8:30p	6:00p-8:30p	6:00p-8:30p		
<b>8:00</b>							
<b>8:30</b>		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	
<b>9:00</b>		8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-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						
6:30a						
7:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-10:00a	6:00a-11:30a	6:00a-3:30p
8:00a						
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	(used if more 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	Lap Swim					
4:30p	4:00p-6:00p	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
5:15p						
5:45p						
6:00p						
6:15p						
6:30p	SWIM LESSONS	SWIM LESSONS				
6:45p	6:00p-7:30p	6:00p-7:30p				
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						

## TUESDAY

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
7:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-4:00p	6:00a-4:00p	6:00a-4:00p
8:00a						
8:30a	Open Swim	Open Swim	Open Swim			
9:00a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a			
9:30a						
10:00a	Rocking the Waves	Rocking the Waves	Rocking the Waves			
10:30a	10:00a-11:00a	10:00a-11:00a	10:00a-11:00a			
11:00a						
11:30a	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		
12:00p	10:30a-1:30p	10:30a-1:30p	10:30a-1:30p	10:30a-1:30p		
12:30p						
1:00p						
1:30p						
2:00p						
2:30p	Open Swim	Open Swim	Lap Swim			
3:00p	1:30p - 4:00p	1:30p - 4:00p	1:30p - 4:00p			
3:30p						
4:00p	Lap Swim	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-6:00p	4:00p-7:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p
5:00p						
5:30p						
5:45p						
6:00p	Lakota Stingrays					
6:15p	6:00p-7:00p					
6:30p						
6:45p						
7:00p	H2O Fitness	H2O Fitness				
7:15p	to the	to the				
7:30p	MAX	MAX				
7:45p	7:00p-7:50p	7:00p-7:50p				
8:00p	OPEN SWIM	OPEN SWIM				
8:15p	8:00p-9:30p	8:00p-9:30p				
8:30p			Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:45p			8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p
9:00p						
9:30p						

## WEDNESDAY

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-10:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-4:00p	
6:30a							
7:00a							
7:30a							
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 (used if more than 20 participants)		
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p			
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	Lap Swim 4:00p-6:00p	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
4:30p							
5:00p							
5:15p							
5:45p							
6:00p	SWIM LESSONS 6:00p-7:30p	SWIM LESSONS 6:00p-7:30p					
6:15p							
6:30p							
6:45p							
7:00p							
7:15p							
7:30p							
7:45p							
8:00p							
8:15p	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	
8:30p							
8:45p							
9:00p							
9:30p							
9:30p							

## THURSDAY

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-4:00p	Lap Swim 6:00a-4:00p	Lap Swim 6:00a-4:00p			
6:30a									
7:00a									
7:30a									
8:00a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a						
8:30a									
9:00a									
9:30a									
10:00a	Rocking the Waves 10:00a-11:00a	Rocking the Waves 10:00a-11:00a	Rocking the Waves 10:00a-11:00a						
10:30a									
11:00a	SWIM LESSONS 9:30a-12:00p	SWIM LESSONS 9:30a-12:00p	SWIM LESSONS 9:30a-12:00p						
11:30a									
12:00p									
12:30p	Open Swim 12:30p-4:00p	Open 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	Lap Swim 4:00p - 7:00p	Lakota Stingrays 4:00p-7:30p	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	Lakota Stingrays 6:00p-7:00p								
5:30p									
5:45p									
6:00p									
6:15p									
6:30p									
6:45p									
7:00p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p							
7:15p									
7:30p									
7:45p									
8:00p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p							
8:15p									
8:30p			Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p			
8:45p									
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						
7:30a						
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	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash (used if more than 20 participants)	
11:30a						
12:00p	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	
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p	Lap Swim 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
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	OPEN SWIM 8:30p-9:30p	OPEN 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
7:15p						
7:30p						
7:45p						
8:00p						
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	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
8:00a	8:00a-9:00a	7:15a-9:15a	7:15a-9:15a	7:15a-9:15a	7:15a-9:15a	7:15a-9:15a
8:30a	Water Aerboics	Water Aerboics	Water Aerboics			
9:00a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a			
9:30a				Water Aerboics 10:00a-11:00a	Water Aerboics 10:00a-11:00a	Swim Lessons
10:00a						9:45a-10:30a
10:30a						
11:00a	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
11:30a	10:00a-12:30p	10:00a-12:30p	10:00a-12:30p	11:30a-12:30p	11:30a-12:30p	
12:00p						
12:30p	Lap Swim	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
1:00p						
1:30p						
2:00p	12:00p-2:30p	12:00p-2:30p	12:00p-2:30p	12:00p-2:30p	12:00p-2:30p	12:00p-2:30p
2:30p						
3:00p	OPEN SWIM 2:30p-7:30p	OPEN SWIM 2:30p-7:30p	OPEN SWIM 2:30p-7:30p	Lap Swim 2:30p-7:30p	Lap Swim 2:30p-7:30p	Lap Swim 2:30p-7:30p
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	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
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						