

POOL PROGRAMS 8/14/2019 - 8/31/2019

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Updated: 7/31/2019

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	12:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	12:00p-8:00p
6:00							
6:30							
7:00 7:30							
8:00							
8:30							
9:00							H20 Fitness to the Max
9:30							9:00a-9:50a
10:00			Rocking the Waves				Aqua Bootcamp
10:30			10:00a - 10:55a				10:00a-11:00a
11:00					Rocking the Waves		
11:30		SilverSplash		SilverSplash	11:00a - 11:55a	SilverSplash	
12:00 12:30	-	11:30a-12:20p	-	11:30a-12:20p		11:30a-12:20p	_
1:00	LAP & OPEN SWIM						
1:30	12:00p-5:30p						
2:00							
2:30							
3:00							
3:30	-		I VKOTV	STINGRAYS SWIM	TEAM		_
4:00 4:30			LAKOTA	4:00pm - 8:00pm	ILAW		
5:00				Starting 8/26			
5:30				J			
6:00							
6:30				ì		•	
7:00			H2O Fitness To The Max		Amped Up H2O		
7:30 8:00			7:00p-7:50p		7:00p-7:50p		
8:30			7.00ρ-7.50ρ		7.00ρ-7.00ρ		
9:00							
9:30							
10:00							



LAP & OPEN SWIM SCHEDULE 8/14/2019 - 8/31/2019

Updated: 7/31/2019

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

	MONDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
6:00a									
6:30a									
7:00a	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									
111000	Cilver Creekers	Cibrar Craakara	Cibrar Chapleara	Cilver Creekers	Cibrar Craakara				
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				
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	than 20 particpants)				
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	ļ								
3:30p									
4:00p									
4:30p	Lakota Stingrays	Lakota Stingrays							
5:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p			
5:15p 5:45p									
6:00p									
6:15p									
6:30p									
6:45p									
7:00p									
7:15p 7:30p									
7:45p									
8:00p									
8:15p	Lap Swim	Lap Swim							
8:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p			
8:45p		,	,	, ,	,	,			
9:00p									
9:30p									

	TUESDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
6:00a									
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-4:00p	8:00a-4:00p	8:00a-4:00p						
9:30a									
10:00a 10:30a									
11:00a									
11:30a									
12:00p									
12:30p									
1:00p									
1:30p									
2:00p									
2:30p									
3:00p									
3:30p									
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays			
4:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p			
5:00p									
5:30p 5:45p									
6:00p									
6:15p									
6:30p									
6:45p									
7:00p	H2O Fitness	H2O Fitness							
7:15p	to the	to the							
7:30p	MAX 7:00p-7:50p	MAX 7:00p-7:50p							
7:45p 8:00p	7:00p-7:50p OPEN SWIM	7:00p-7:50p OPEN SWIM	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
8:15p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p			
8:30p	0.00p 0.00p	0.00p 0.00p	0.00р 0.00р	0.00р 0.00р	0.00р 0.00р	0.00р 0.00р			
8:45p									
9:00p									
9:30p									
J.50p									

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a						
7:00a	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-4:00p
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						
11.30a						
12:00p	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 particpants)	
1:00p					p at a square stay	
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				
5:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p
5:15p						
5:45p 6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p 8:15p	Lap Swim	Lap Swim				
8:30p	8:00p-9:30p	8:00p-9:30p				
8:45p	0.00р 0.00р	0.00р 0.00р				
9:00p						
9:30p						
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
7:30a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-4:00p	6:00a-4:00p	6:00a-4:00p
7.000	0.000 0.000	0.000 0.000	0.000 0.000	0.000 4.00p	0.00α 4.00β	0.000 4.00p
8:00a	Open Swim	Open Swim	Open Swim			
8:30a	8:00a-9:30a	8:00a-9:30a	8:00a-9:30a			
9:00a						
9:30a	Rocking the	Rocking the	Rocking the			
10:00a	Waves	Waves	Waves			
10:30a	10:00a-11:00a	10:00a-11:00a	10:00a-11:00a			
11:00a						
11:30a						
12:00p						
12:30p						
1:00p	Open Swim	Open Swim	Open Swim			
1:30p	11:00a-4:00p	11:00a-4:00p	11:00a-4:00p			
2:00p	·		·			
2:30p						
3:00p						
о.оор						
3:30p						
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p
5:00p	1.00р 0.00р	поор олоор	оор о.оор	поор отоор	1.00р 0.00р	оор о.оор
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness	H2O Fitness				
7:15p	to the	to the				
7:30p	MAX 7:00p 7:50p	MAX 7:00p 7:50p				
7:45p 8:00p	7:00p-7:50p OPEN SWIM	7:00p-7:50p OPEN SWIM	Lap Swim	Lap Swim	Lap Swim	Lap Swim
σ.υυμ	OF LIN SVVIIVI	OF LIN SVVIIVI	Lap Swilli	Lap Swilli	Lap Swilli	Lap Swilli
8:15p	8:00p-9:30p	8:00p-9:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p
8:30p						
8:45p						
9:00p						
9:30p						
o.00p						

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a	Lap Swim	Lap Swim				
7:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-11:30a	6:00a-11:30a	6:00a-4:00p
7:30a						·
8:00a						
8:30a	OPEN SWIM	OPEN SWIM	OPEN SWIM			
9:00a 9:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a			
10:00a						
10:30a						
11:00a						
11:30a						
	Silver Sneakers					
12:00p	Silver Splash					
					(used if more than 20	
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	particpants)	
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	
				·	·	
1:30p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	
2:00p 2:30p						
3:00p						
3:30p						
	Lakota Stingrays	Lakota Stingrays				
4:00p	4.00- 0.00-	4.00- 0.00-	4.00- 0.00-	4.00- 0.00-	4.00- 0.00-	4.00- 0.00-
4:30p 5:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p 7:00p						
7:00p						
7:30p	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:45p	8:00p - 9:30p	8:00p - 9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p	8:00p-9:30p
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						
3.556						

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-9:00a	8:00a-7:30p	8:00a-7:30p	8:00a-7:30p
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	Water Aerboics	Water Aerboics			
10:00a	10:00a-11:00a	10:00a-11:00a	10:00a-11:00a			
10:30a						
11:00a						
11:30a						
12:00p 12:30p						
12.50β						
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM			
1:30p						
1.00р						
2:00=	11,000 7,200	11,000 7,200	11,000 7,200			
2:00p 2:30p	11:00a-7:30p	11:00a-7:30p	11:00a-7:30p			
3:00p						
3:30p 4:00p						
4:30p						
5:00p						
5:30p						
6:00p						
6:30p 7:00p						
7:30p						
1.00p			SUNDAY	/		
	1 4	1 0			1 5	1 0
Time 12:00p	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30p						
1:00p	Open Swim	Open Swim	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						
5:30p						
J.55P						