

POOL PROGRAMS 2/17/2020-4/11/2020

Updated: 2/17/2020

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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	7:00a-7:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	7:30a-7:30p
Bubble Pool Hours	12:00p-5:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	1:00p-7:00p
6:00							
6:30 7:00							
7:30							
8:00							
8:30							
9:00							H20 Fitness to the Max
9:30					Swim Lessons		9:00a-9:50a
10:00					9:30a-12:00p		
			Rocking the Waves		De alvin a the		Aqua Bootcamp
10:30			10:00a-10:55a		Rocking the Waves		10:00a-11:00a
11:00					10:00a-10:55a		Swim Lessons
11:30		SilverSplash	Swim Lessons	SilverSplash		SilverSplash	9:00a-12:30p
12:00		11:30a-12:20p	10:30a-1:30p	11:30a-12:20p		11:30a-12:20p	
12:30 1:00	LAP & OPEN SWIM						
1:30	12:00p-5:30p						
2:00							
2:30							
3:00							
3:30			LAKOTA	STINGRAYS SWIM	TEAM		-
4:00 4:30			LAKUTA	3:30pm - 8:30pm	IEAW		
5:00			1				
5:30							
6:00		Swim Lessons		Swim Lessons			
6:30		6:00p-7:30p		6:00p-7:30p		1	
7:00		(In Bubble)	H2O Fitness To The Max	(In Bubble)	Amped Up H2O		
7:30 8:00			7:00p-7:50p		7:00p-7:50p		
8:30			357		F - 100P		
9:00							
9:30							
10:00							



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
12:00p-5:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	1:00p-7:00p
	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
	0.00- 0.00-	0.00- 0.00-	0.00- 0.00-	0.00- 0.00-	0.00- 0.00-	
	6.00a-6.00a	6.00a-6.00a	6.00a-6.00a	6.00a-6.00a	6.00a-6.00a	
	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP SWIM ONLY
	Swim	Swim	Swim	Swim	Swim	7:30a-12:30p
	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-9:30a	8:00a-11:30a	
				LAP SWIM ONLY		
				9:30a-12:00p		
	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP & OPEN	LAP SWIM ONLY	
	11:30a-12:30p		11:30a-12:30p	Swim	11:30p-12:30p	
LAD & ODEN	LAP & OPEN	11:30a-1:30p	LAP & OPEN	12:00p-3:30p	LAD & ODEN	Lap Swim
SWIM	Swim		Swim		SWIM	Open Swim
12:00p-5:30p	12:30p-3:30p	LAP & OPEN SWIM	12:30p-3:30p		12:30p - 3:30p	12:30p-2:00p
		1:30p-3:30p				LAP SWIM ONLY
						2:00p-5:30p
l	NO LAP SWIM	NO LAP SWIM	NO LAP SWIM	NO LAP SWIM	NO LAP SWIM	
	OR OPEN SWIM	OR OPEN SWIM	OR OPEN SWIM	OR OPEN SWIM	OR OPEN SWIM	
	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	Lap Swim
	(Both Available in Bubble)	(Both Available in Bubble)	(Both Available in Bubble)	(Both Available in Bubble)	(Both Available in Bubble)	Open Swim
						5:30p-7:30p
	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	
	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	
	12:00p-5:30p 12:00p-5:00p	12:00p-5:30p 6:00a-9:30p 12:00p-5:00p 4:00p-8:00p LAP SWIM ONLY 6:00a-8:00a LAP & OPEN Swim 8:00a-11:30a LAP & OPEN Swim 11:30a-12:30p LAP & OPEN Swim 12:00p-5:30p 12:30p-3:30p NO LAP SWIM OR OPEN SWIM 4:00p-8:00p (Both Available in Bubble) Lap Swim ONLY	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p

	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									
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	12:30-3:00p	12:30p-3:30p	12:30p-3:30p	12:30p-3:30p	12:30p-3:30p				
2:30p	Lon Swim								
3:00p	Lap Swim								
3:30p	3:00p-4:00p								
4:00p									
4:30p	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	(Lane Available in Bubble)								
5:45p									
6:00p									
6:15p	CWUM L ECOONS	CIMINAL FORCES							
6:30p	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							
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 9:30a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a			
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	SWIM	SWIM	SWIM	SWIM		
11:30a	LESSONS	LESSONS	LESSONS	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			1 0 - 1			
2:30p 3:00p	Open Swim 1:30p - 4:00p	Open Swim 1:30p - 4:00p	Lap Swim 1:30p - 4:00p			
3:30p						
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p
5:00p	(Lane Available in Bubble)					
5:30p						
5:45p 6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness	H2O Fitness				
7:15p 7:30p	to the MAX (In Bubble)	to the MAX (In Bubble)				
7:45p	7:00p-7:50p	7:00p-7:50p				
8:00p 8:15p						
8:30p	Lap Swim	Lap Swim	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	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						
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-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						
12:00p	Silver Splash	Silver Splash	Silver Splash	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		,			33, 33,	
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	(Lane Available in Bubble)					
5:45p						
6:00p						
6:15p 6:30p	SWIM LESSONS	SWIM LESSONS				
6:45p	6:00p-7:30p	6:00p-7:30p				
7:00p	(In Bubble)	(In Bubble)				
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		2.22p 2.22p	2.22p			
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
7:30a	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	Open Swim	Open Swim	Open Swim			
8:30a	8:00a-9:30a	8:00a-9:30a	8:00a-9:30a			
9:00a	0.000 0.000	0.000 0.000	0.000 0.000			
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	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS			
12:00p	9:30a-12:00p	9:30a-12:00p	9:30a-12:00p			
12:30p						
1:00p						
	Open Swim	Open Swim				
1:30p	·		Lap Swim			
2:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p			
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p
	(Lane Available in					
5:00p	Bubble)					
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness	H2O Fitness				
7:15p	to the MAX	to the MAX				
7:30p	(In Bubble)	(In Bubble)				
7:45p	7:00p-7:50p	7:00p-7:50p				
8:00p						
8:15p						
8:30p	Lap Swim	Lap Swim	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	8:30p-9:30p	8:30p-9:30p
9:00p						
9:30p						

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	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	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a			
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	
12:00p	Silver Splash	Silver Splash	Silver Splash	Silver Splash	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	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:00p	400.000	4.00 0.00	4.00	4.00 0.00	4.00 0.00	4.00 0.00
4:30p	4:00p-8:30p (Lane Available in	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p
5:00p	Bubble)					
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p 7:30p						
7:30p 7:45p						
8:00p						
8:15p	ODEN CIVIL	ODEN CIVIL				
8:30p	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:45p 9:00p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p
9:30p						
3.30p						

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00a	7:30a-9:00a	7:30a-9:00a	7:30a-9:00a	7:30a-9:45a	7:30a-9:45a	7:30a-9:45a
8:30a	Water Aerboics	Water Aerboics	Water Aerboics			
9:00a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a			
9:30a					Swim Lessons	Swim Lessons
10:00a		Water Aerboics	Water Aerboics	Water Aerboics	9:45a-10:30a	9:45a-10:30a
10:30a		10:00a-11:00a	10:00a-11:00a	10:00a-11:00a		
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	10.00a-12.30p	10.00a-12.30p	10.00a-12.30p	11.30a-12.30p	11.30a-12.30p	
12:30p						
1:00p						
1:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p
2:00p	12.00p 1.00p	12.00p 7.00p	12.00p 7.00p	12.00p 1.00p	12.00p 7.00p	12.00p 7.00p
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	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						