

Updated: 2/17/2020

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							
9:30							
10:00							
10:30							
11:00	LAP & OPEN SWIM 12:00p-5:30p		Rocking the Waves 10:00a-10:55a		Swim Lessons 9:30a-12:00p Rocking the Waves 10:00a-10:55a		H2O Fitness to the Max 9:00a-9:50a
11:30							Aqua Bootcamp 10:00a-11:00a
12:00							Swim Lessons 9:00a-12:30p
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	LAKOTA STINGRAYS SWIM TEAM 3:30pm - 8:30pm						
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

TUESDAY											
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-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a								
8:30a											
9:00a											
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	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p								
11:30a											
12:00p											
12:30p											
1:00p											
1:30p											
2:00p											
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								
4:30p	4:00p-8:30p (Lane Available in Bubble)	4:00p-8:30p	4:00p-8:30p				4:00p-8:30p	4:00p-8:30p	4:00p-8:30p		
5:00p											
5:30p											
5:45p											
6:00p											
6:15p											
6:30p											
6:45p											
7:00p				H2O Fitness to the MAX (In Bubble) 7:00p-7:50p	H2O Fitness to the MAX (In Bubble) 7:00p-7:50p						
7:15p											
7:30p											
7:45p											
8:00p											
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	Lap Swim 8:30p-9:30p
8:45p											
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	Lakota Stingrays 4:00p-8:30p (Lane Available in Bubble)	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	SWIM LESSONS 6:00p-7:30p (In Bubble)	SWIM LESSONS 6:00p-7:30p (In Bubble)					
6:00p							
6:15p							
6:30p							
6:45p							
7:00p							
7:15p							
7:30p							
7:45p							
8:00p							
8:15p							
8:30p							
8:45p							
9:00p							
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	Rocking the Waves 10:00a-11:00a	Rocking the Waves 10:00a-11:00a	Rocking the Waves 10:00a-11:00a					
9:30a								
10:00a								
10:30a								
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	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				Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-8:30p (Lane Available in Bubble)	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p	4:00p-8:30p		
5:00p								
5:30p								
5:45p								
6:00p								
6:15p								
6:30p								
6:45p								
7:00p							H2O Fitness to the MAX (In Bubble) 7:00p-7:50p	H2O Fitness to the MAX (In Bubble) 7:00p-7:50p
7:15p								
7:30p								
7:45p								
8:00p	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		
8:15p								
8:30p								
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						
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						Lakota Stingrays 4:00p-8:30p (Lane Available in Bubble)
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	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
8:45p						
9:00p						
9:30p						

SATURDAY

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