



# POOL PROGRAMS

## 1/6/2020-2/15/2020

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 1/6/2020

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 Hrs	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 Hrs	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		Stingrays Swim Team	Lakota High School	Stingrays Swim Team	Lakota High School		
6:30		5:15a-6:45a	5:15a-6:45a	5:15a-6:45a	5:15a-6:45a		
7:00							
7:30							
8:00							
8:30							
9:00						H2O Fitness to the Max	
9:30						9:00a-9:50a	
10:00						Aqua Bootcamp	
10:30						10:00a-11:00a	
11:00			Rocking the Waves		Rocking the Waves	Swim Lessons	
11:30		SilverSplash	10:00a - 10:55a	SilverSplash	10:00a - 10:55a	SilverSplash	9:00a-12:30p
12:00		11:30a-12:20p	Swim Lessons	11:30a-12:20p		11:30a-12:20p	
12:30							
1:00			10:30a-1:30p				
1:30							
2:00							
2:30		LAKOTA EAST/WEST SWIM TEAM					
3:00		3:00pm - 5:00pm					
3:30		(Lap Lane Available if needed until Bubble opens)					
4:00		LAKOTA STINGRAYS SWIM TEAM					
4:30		4:30pm - 9:00pm					
5:00		(Lap Lane available in Bubble)					
5:30		Swim Lessons		Swim Lessons			
6:00		6:00p-7:30p		6:00p-7:30p			
6:30							
7:00		(In Bubble)	H2O Fitness to the Max	(In Bubble)	Amped Up H2O		
7:30			(In Bubble)		(In Bubble)		
8:00							
8:30			7:00p-7:50p		7:00p-7:50p		
9:00							
9:30							
10:00							



# LAP & OPEN SWIM SCHEDULE

1/6/2020-2/15/2020

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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
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		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	
8:30		8:00a-11:30a	8:00a-10:00a	8:00a-11:30a	8:00a-10:00a	8:00a-11:30a	
9:00							
9:30							
10:00			LAP SWIM ONLY		LAP SWIM ONLY		
10:30			10:00a-11:00a		10:00a-11:00a		
11:00							
11:30	LAP SWIM ONLY	LAP & OPEN SWIM	LAP SWIM ONLY	LAP & OPEN SWIM	LAP SWIM ONLY		
12:00	LAP & OPEN SWIM 12:00p-5:30p	11:30a-12:30p	11:00a-3:00p	11:30a-12:30p	11:00a-3:00p	11:30p-12:30p	Lap & Open Swim 12:30p-7:30p
12:30							
1:00		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	
1:30		12:30p - 3:00p	12:30p - 3:00p	12:30p - 3:00p	12:30p - 3:00p	12:30p - 3:00p	
2:00							
2:30							
3:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
3:30		3:00p-4:00p	3:00p-4:00p	3:00p-4:00p	3:00p-4:00p	3:00p-4:00p	
4:00							
4:30							
5:00	NO LAP SWIM NO OPEN SWIM (Both Available in Bubble)	NO LAP SWIM NO OPEN SWIM (Both Available in Bubble)	NO LAP SWIM NO OPEN SWIM (Both Available in Bubble)	NO LAP SWIM NO OPEN SWIM (Both Available in Bubble)	NO LAP SWIM NO OPEN SWIM (Both Available in Bubble)		
5:30							
6:00							
6:30							
7:00		4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	
7:30							
8:00							
8:30		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	
9:00		8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	
9:30							
10:00							

MONDAY						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-8a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a				Lap Swim 7-11:30a	Lap Swim 7-11:30a	Lap Swim 7a-3p
7:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Lap Swim 7-11:30a	Lap Swim 7-11:30a	Lap Swim 7a-3p
8:00a						
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	11:35a-12:25p	
1:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Open Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p
1:30p						
2:00p						
2:30p						
3:00p	Lap Swim 3:00p-4:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
3:30p	(Lane available in BUBBLE after 4p)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
4:00p						
4:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
5:00p	SWIM LESSONS 6:00P-7:30P  (In Bubble)  When Lessons in Bubble, Swim Team uses ALL Lanes	SWIM LESSONS 6:00P-7:30P  (In Bubble)	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

## TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a
6:30a		Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7a-3p	Lap Swim 7a-3p	Lap Swim 7a-3p
7:00a		Open Swim 8:00a-10:30a	Open Swim 8:00a-10:30a	Open Swim 8:00a-10:00a		
8:00a						
8:30a						
9:00a						
9:30a						
10:00a	Rocking the Waves 10:00a-10:55a	Rocking the Waves 10:00a-10:55a	Rocking the Waves 10:00a-10:55a			
10:30a						
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	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p			
2:00p						
2:30p						
3:00p	Lap Swim 3:00p-4:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
3:30p	(Lane available in BUBBLE after 4p)					
4:00p						
4:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX	H2O Fitness to the MAX				
7:15p						
7:30p						
7:45p	7:00p-7:50p (In Bubble when Bubble is open)	7:00p-7:50p (In Bubble when Bubble is open)				
8:00p						
8:15p	Lap Swim 8:00p-9:30p					
8:30p						
8:45p						
9:00p		Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
9:30p						

## WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-8a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays		
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a		
7:00a				Lap Swim 7-11:30a	Lap Swim 7-11:30a	Lap Swim 7a-3p		
7:00a								
8:00a								
8:30a	Open Swim	Open Swim	Open Swim	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p	Lap Swim 12:30p-3:00p		
9:00a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a					
9:30a	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p				Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash (used if more than 20 participants)
10:00a								
10:30a								
11:00a								
11:30a								
12:00p	Open Swim	Open Swim	Open Swim				Lap Swim	Lap Swim
12:30p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:00p			
1:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p		
1:30p								
2:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays		
2:30p	SWIM LESSONS 6:00p-7:30p (In Bubble)  When Lessons in Bubble, Swim Team uses ALL Lanes	SWIM LESSONS 6:00p-7:30p (In Bubble)	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p		
3:00p								
3:30p								
4:00p								
4:30p								
5:00p								
5:15p								
5:45p								
6:00p								
6:15p								
6:30p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p		
6:45p								
7:00p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p		
7:15p								
7:30p								
7:45p								
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p		
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		Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
6:30a		5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a
7:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7:00a-3:00p	Lap Swim 7-9:30a	Lap Swim 7-9:30a
7:00a	7-8a	7-8a	7-8a			
8:00a	Open Swim	Open Swim	Open Swim			
8:30a						
9:00a				Lap Swim	Lap Swim	Lap Swim
9:30a						
10:00a	Rocking the Waves	Rocking the Waves	Rocking the Waves	Lap Swim	Lap Swim	Lap Swim
10:30a	10:00a-10:55a	10:00a-10:55a	10:00a-10:55a			
11:00a	Open Swim	Open Swim	Open Swim			
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
2:30p		3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
3:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p	H2O Fitness	H2O Fitness				
6:30p						
6:45p	to the MAX	to the MAX				
7:00p						
7:15p	7:00p-7:50p (In Bubble when Bubble is open)	7:00p-7:50p (In Bubble when Bubble is open)				
7:30p						
7:45p	Lap Swim 8:00p-9:30p					
8:00p						
8:15p						
8:30p						
8:45p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
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						
7:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a			
8:00a						
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	
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	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
2:00p						
2:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
3:00p						
3:30p						
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	Lap Swim 8:00p-9:30p					
8:00p						
8:15p						
8:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
8:45p						
9:00p						
9:30p						

## SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00a	7:30a-9:00a	7:30a-9:00a	7:30a-10:00a	7:30a-10:30a	7:30a-9:45a	7:30a-9:45a
8:30a						
9:00a	H2O	H2O	H2O			Little Rays
9:30a	9-9:50a	9-9:50a	9-9:50a		9:45a-10:30a	9:45a-10:30a
10:00a	Aqua Bootcamp	Aqua Bootcamp	Aqua Bootcamp	Aqua Bootcamp	Lap Swim	Lap Swim
10:30a	10:00a-10:30a	10:00a-10:30a	10:00a-11:00a	10:30a-11:00a	10:30a-11:30a	10:30a-7:30p
11:00a	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
11:30a	10:00a-1:00p	10:00a-1:00p	10:00a-1:00p	10:00a-1:00p	10:00a-1:00p	
12:00p						
12:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	OPEN SWIM 12:30p-7:30p	Lap Swim 1:00p-7:30p	Lap Swim 1:00p-7:30p	
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						