

POOL PROGRAMS 3/12/2020-4/5/2020

Updated: 3/12/20

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				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							
4:00							
4:30			4				
5:00							
5:30							
6:00		Swim Lessons		Swim Lessons			
6:30		6:00p-7:30p	H00 E''	6:00p-7:30p	A man m = 21 1 1 12		
7:00		(In Bubble)	H2O Fitness To The Max	(In Bubble)	Amped Up		
7:30			-		H2O		
8:00 8:30	1		7:00p-7:50p		7:00p-7:50p		-
9:00	1						
9:00							
	1						
10:00							



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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							
7:00		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	
7:30							
8:00		LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP SWIM ONLY
8:30		Swim	Swim	Swim	Swim	Swim	7:30a-10:00a
		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-9:30a	8:00a-11:30a	
9:00		0.000 11.000	0.000 11.000	0.000 11.000	0.000 0.000	0.000 11.000	
0-00					LAP SWIM ONLY		
9:30							
					9:30a-12:00p		
10:00					•		
40.00							NO LAP OR
10:30							OPEN SWIM
11:00							10:00a-10:30a
11:30		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		LAP SWIM ONLY	
12:00		11:30a-12:30p		11:30a-12:30p		11:30p-12:30p	
12:30	LAP & OPEN		11:30a-1:30p				Lap Swim
1:00	SWIM						Open Swim
1:30	12:00p-5:30p						12:30p-2:00p
2:00							LAP SWIM ONLY
2:30		1 4 D 0 0 D E N 1		1 4 5 6 6 5 5 1			2:00p-5:30p
3:00 3:30		LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN	
4:00		12:30p-9:30p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p	
4:30		, 1		,,	,	, r	
5:00							
5:30							Lap Swim
6:00							Open Swim
6:30							5:30p-7:30p
7:00 7:30							
7:30 8:00							
8:30							
9:00							
9:30							
10:00							

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							
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								
1:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim		
2:00p	12:30-8:00p	12:30-8:00p	12:30-8:00p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p		
2:30p								
3:00p								
3:30p								
4:00p								
4:30p 5:00p	-							
5:15p	•							
5:45p								
6:00p								
6:15p	0)4/14/1 50001/3	OWING FORCES						
6:30p	SWIM LESSONS							
6:45p 7:00p	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					
8:30p 8:45p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p					
9:00p								
9:30p								
5.50р								

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 9:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 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	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							
2:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim	
3:00p	1:30p - 8:00p	1:30p - 8:00p	1:30p - 8:00p	1:30p-9:30p	1:30p-9:30p	1:30p-9:30p	
3:30p							
4:00p							
4:30p 5:00p							
5:30p							
5:45p							
6:00p							
6:15p							
6:30p							
6:45p 7:00p	H2O Fitness	H2O Fitness					
7:00p	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		2.23p 0.00p	2,2 p 0,00p	2.23p 2.00p	2.23p 2.00p	2.234 2.004	
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				
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 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	Lap Swim
2:00p	12:30p-8:00p	12:30p-8:00p	12:30p-8:00p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
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	(In Bubble)	(In Bubble)				
7:15p		,				
7:30p						
7:45p						
8:00p						
8:15p	Lap Swim	Lap Swim	Lap Swim			
8:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p			
8:45p						
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
7.50a	0.00a-0.00a	0.00a-6.00a	0.00a-6.00a	0.00α-4.00μ	0.00α-4.00μ	0.00a-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						
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						
	SWIM	SWIM	SWIM			
11:30a	LESSONS	LESSONS	LESSONS			
12:00=	0.20= 42.00=	0.20- 42.00-	0.20- 42.00-			
12:00p	9:30a-12:00p	9:30a-12:00p	9:30a-12:00p			
12:30p						
12.50β						
1:00p						
•	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
1:30p						
2:00p	12:30p-8:30p	12:30p-8:30p	12:30p-8:30p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p
2:30p						
3:00p						
3:30p						
4:00p	1					
4:30p						
5:00p						
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			
8:45p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p			
9:00p	0.00p-0.00p	0.00p-9.00p	0.00p-9.00p			
· ·						
9:30p						

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a 6:30a 7:00a	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
7:30a 8:00a 8:30a 9:00a 9:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a			
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	
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	Lap Swim
1:30p 2:00p 2:30p 3:00p	12:30p-9:30p	12:30p-9:30p	12:30p-8:30p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p
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						
8:00p 8:15p 8:30p 8:45p 9:00p			Lap Swim 8:30p-9:30p			

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			
					Outing Language	Outin Landau
9:30a		10/	10/	10.	Swim Lessons	Swim Lessons
10:00a 10:30a		Water Aerboics 10:00a-11:00a	Water Aerboics 10:00a-11:00a	Water Aerboics 10:00a-11:00a	9:45a-10:30a	9:45a-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						
1:00p						
1:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
	12:20= 7:20=	10:20= 7:20=	12:20- 7:20-	10:20= 7:20=	10:20- 7:20-	40:20= 7:20=
2:00p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p	12:30p-7:30p
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
6:00p						
6:30p 7:00p						
7:30p						
7.000			SUNDAY			
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p	Lane 1	Laile Z	Laile 3	Lane 4	Laile J	Lane 0
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.JUP						