



POOL PROGRAMS

3/12/2020-4/5/2020

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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 FOR SOCIAL RESPONSIBILITY

Updated: 3/12/20

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	
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	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a		
7:00								
7:30								
8:00		LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim		LAP SWIM ONLY 7:30a-10:00a
8:30		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-9:30a	8:00a-11:30a		
9:00								
9:30		LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY		
10:00						9:30a-12:00p		
10:30								NO LAP OR OPEN SWIM
11:00							10:00a-10:30a	
11:30	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
12:00	11:30a-12:30p		11:30a-12:30p	11:30a-12:30p		11:30p-12:30p		
12:30	LAP & OPEN SWIM 12:00p-5:30p		11:30a-1:30p				Lap Swim	
1:00							Open Swim	
1:30							12:30p-2:00p	
2:00							LAP SWIM ONLY 2:00p-5:30p	
2:30								
3:00			LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN	
3:30			12:30p-9:30p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p	12:30p-9:30p	
4:00								
4:30								
5:00								
5:30							Lap Swim	
6:00							Open Swim	
6:30							5:30p-7:30p	
7:00								
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	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-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	
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 participants)	
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						
6:30p	SWIM LESSONS	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	Lap Swim			
8:30p	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	8:00a-10:00a	8:00a-10:00a	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						
11:30a	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM 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 to the MAX	H2O Fitness to the MAX				
7:15p	(In Bubble)	(In Bubble)				
7:30p	7:00p-7:50p	7:00p-7:50p				
7:45p						
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	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	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						
11:30a						
12:00p						
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p		
1:00p	Open Swim 12:30p-8:00p	Open Swim 12:30p-8:00p	Open Swim 12:30p-8:00p	Lap Swim 12:30p-9:30p	Lap Swim 12:30p-9:30p	Lap Swim 12:30p-9:30p
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:15p						
5:45p						
6:00p	SWIM LESSONS 6:00p-7:30p (In Bubble)	SWIM LESSONS 6:00p-7:30p (In Bubble)				
6:15p						
6:30p						
6:45p						
7:00p						
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			
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						
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						
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						
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						
1:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
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						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX (In Bubble)	H2O Fitness to the MAX (In Bubble)				
7:15p						
7:30p						
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						
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-9:30p	OPEN SWIM 12:30p-9:30p	OPEN SWIM 12:30p-8:30p	Lap Swim 12:30p-9:30p	Lap Swim 12:30p-9:30p	Lap Swim 12:30p-9:30p					
1:30p											
2:00p											
2:30p											
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											
8:00p											
8:15p											
8:30p			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	Lap Swim 7:30a-9:45a	Lap Swim 7:30a-9:45a	Lap Swim 7:30a-9:45a	
8:00a			Lap Swim 7:30a-9:00a				
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	Swim Lessons	
10:00a		Water Aerboics	Water Aerboics	Water Aerboics	Swim Lessons 9:45a-10:30a	Swim Lessons 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							
12:30p	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		Lap Swim 12:30p-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						