



POOL PROGRAMS

10/28/2019-11/23/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 10/31/2019

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					Swim Lessons			9:00a-9:50a
10:00					9:30a-12:00p			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

10/28/2019-11/23/2019

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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 SWIM ONLY 7:30a-12:30p
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 6-11:30a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a				Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 7-11:30a
7:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Lap Swim 6-11:30a	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						
7:00a			Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7a-3p	Lap Swim 7a-3p
7:00a						
8:00a	Open Swim 8:00a-10:30a	Open Swim 8:00a-10:30a	Open Swim 8:00a-10:00a			
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 (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
3:30p						
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 7:00p-7:50p (In Bubble when Bubble is open)	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)				
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 8:00p-9:30p					
8:15p						
8:30p						
8:45p						
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	

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 6-11:30a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a				Lap Swim	Lap Swim	Lap Swim
7:00a				Lap Swim	Lap Swim	Lap Swim
8:00a				Lap Swim	Lap Swim	Lap Swim
8:30a				Open Swim	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	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	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	
1:30p						
2:00p						
2:30p						
3:00p	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
3:30p						
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)				
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					
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						
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	Lap Swim 9:00p-9:30p
9:30p						

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 7-8a	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						
7:00a			Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7-9:30a
7:00a				Lap Swim 7-9:30a	Lap Swim 7-9:30a	Lap Swim 7-9:30a
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 10:00a-10:55a	Rocking the Waves 10:00a-10:55a	Rocking the Waves 10:00a-10:55a	SWIM LESSONS 9:30a-12p	SWIM LESSONS 9:30a-12p	SWIM LESSONS 9:30a-12p
10:30a						
11:00a						
11:30a	Open Swim 11:00a-3:00p	Open Swim 11:00a-3:00p	Open Swim 11:00a-3:00p			
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p	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
3:30p						
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	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)				
7:00p						
7:15p						
7:30p						
7:45p	Lap Swim 8:00p-9:30p					
8:00p						
8:15p						
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						

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

SUNDAY

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Time						
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						