



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2018 POOL SCHEDULE

Schedule Begins
01/02/18 and is
subject to change.

Speed
Please try to choose a
lane with swimmers
that most nearly
match your speed.

Lap Swim is First-Come/First-Served but lap swimmers should be aware of walkers and walkers should walk the length of the pool to best utilize the pool space when the pool is full, and should move to the locker room side of the pool to best avoid collisions with swimmers.

Water Exercise
The instructor may need to close lap lanes depending on the size of the water exercise classes. It will not exceed the minimum number listed.

Parentheses indicate number of lanes available for each activity. Multiple activities are often scheduled in the pool at the same time. The schedule is subject to change due to facility needs.

Updated: 12/29/17
jlb

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	6:30-9:00 Lap (4) Walking/ Open Exercise (2)	
9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4/5) Lap (2/1*)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4/5) Lap (2/1*)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Deep H2O (4/5) Lap (2/1*)	
9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (4/5) Lap (2/1*)		
10:30-5:00 Open Swim (3) Lap (3)	10:30-5:00 Open Swim (3) Lap (3)	10:30-5:00 Open Swim (3) Lap (3)	10:30-4:30 Open Swim (3) Lap (3)	10:30-6:00 Open Swim (3) Lap (3)	10:00-2:45 Open Swim (3) Lap (3)	1:00-4:45 Open Swim (3) Lap (3)
5:00-6:00 Burst Fit (4) Lap (2)	*Teaching Pool Closed* From 4:30-5 for swim lessons	5:00-6:00 Burst Fit (4) Lap (2)				
	4:30-6:45 Swim Lessons (4) Lap (2) (5:15-6 only)	6:00-6:45 Swim Lessons (3) Lap (3)	4:30-6:45 Swim Lessons (3) Lap (3) (4:30-6 only)		Sat, Jan 27 The pool will be closed at 9:00 am for a swim meet and reopen Sun, Jan 28	
	6:00-7:45 Swim Team (3) Lap (0) 6-7		6:00-7:45 Swim Team (5) Lap (1)	6:00-7:15 Swim Team (3) Lap (1)		
6:00-8:45 Open Swim (3) Lap (3)	7:00-8:45 Open Swim (2) Lap (1) @ 7 Lap (3) @ 7:45	6:45-8:45 Open Swim (3) Lap (3)	7:00-8:45 Open Swim (2) Lap (3) @ 7:45	6:00-7:45 Open Swim (2) Lap (3) @ 7:15		

Open Swim

Youth age 10 and older may swim unsupervised by a parent or guardian. Children 9 and under must have an adult in the water supervising them at all times. Children under the age of 5 or unable to swim and/or using any type of approved floatation device in the shallow end must have a parent within arm's reach at all times.