



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH 2018 POOL SCHEDULE

Schedule Begins
3/09/18 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.

Updated: 3/1/18
jlb

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:15-9:00 Lap (4)	5:15-9:00 Lap (4)	5:15-9:00 Lap (4)	5:15-9:00 Lap (4)	5:15-9:00 Lap (4)	6:45-9:00 Lap (4)	
	Walking/ Open Exercise (2)	Walking/ Open Exercise (2)	Walking/ Open Exercise (2)	Walking/ Open Exercise (2)	Walking/ Open Exercise (2)	Walking/ Open Exercise (2)	
	9:00-9:30 Water, Stretch & Balance (5)	9:00-10:00 Aqua Power Hour (4/5)	9:00-9:30 Water, Stretch & Balance (5)	9:00-10:00 Aqua Power Hour (4/5)	9:00-9:30 Water, Stretch & Balance (5)	9:00-10:00 Deep H2O (4/5)	
	Lap (1)	Lap (2/1*)	Lap (1)	Lap (2/1*)	Lap (1)	Lap (2/1*)	
	9:30-10:30 Water in Motion (5)		9:30-10:30 Water in Motion (5)		9:30-10:30 Water in Motion (4/5)		
	Lap (1)		Lap (1)		Lap (2/1*)		
	10:30 -5:00 Open Swim (3)	10:30 -5:00 Open Swim (3)	10:30 -5:00 Open Swim (3)	10:30 -4:30 Open Swim (3)	10:30 -6:00 Open Swim (3)	10:00-2:45 Open Swim (3)	1:15-4:45 Open Swim (3)
	Lap (3)	Lap (3)	Lap (3)	Lap (3)	Lap (3)	Lap (3)	Lap (3)
	5:00-6:00 Burst Fit (4)	*Teaching Pool Closed* From 4:30-5 for swim lessons	5:00-6:00 Burst Fit (4)				
	Lap (2)		Lap (2)				
		4:15-6:45 Swim Lessons (4)	6:00-6:45 Swim Lessons (1)	4:30-6:30 Swim Lessons (3)			
		Lap (2) (5-6 only)	Lap (3)	Lap (3) (4:30-6 only)			
	6:00 -8:45 Open Swim (3)	7:00-8:45 Open Swim (3)	6:45-8:45 Open Swim (3)	6:45-8:45 Open Swim (3)	6:00-7:45 Open Swim (3)		
	Lap (3)	Lap (3)	Lap (3)	Lap (3)	Lap (3)		

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.