



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AUGUST 30–SEPTEMBER 15, 2018 POOL SCHEDULE

Schedule Begins  
08/30/18 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  
maximum 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: 8/29/18  
jlb

Mon	Tues	Wed	Thurs	Fri	Sat
5:15–8:50 Lap (4)  Walking/ Open Exercise (2)	5:15–8:50 Lap (4)  Walking/ Open Exercise (2)	5:15–8:50 Lap (4)  Walking/ Open Exercise (2)	5:15–8:50 Lap (4)  Walking/ Open Exercise (2)	5:15–8:50 Lap (4)  Walking/ Open Exercise (2)	6:45–8:50 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*)	
10:45 –4:50 Open Swim (3)  Lap (3)	10:45 –4:20 Open Swim (3)  Lap (3)	10:45 –4:50 Open Swim (3)  Lap (3)	10:45 –4:20 Open Swim (3)  Lap (3)	10:45 –6:00 Open Swim (3)  Lap (3)	10:15–2:45 Open Swim (3)  Lap (3)
5:00–6:00 Burst Fit (4)  Lap (2)		5:00–6:00 Burst Fit (4)  Lap (2)			
	4:30–6:45 Swim Lessons (4)  Lap (2)		4:30–6:45 Swim Lessons (3)  Lap (3)		
6:15–8:45 Open Swim  Lap (3)	7:00–8:45 Open Swim (3)  Lap (3)	6:15–8:45 Open Swim  Lap (3)	6:45–8:45 Open Swim  Lap (3)	6:00–7:45 Open Swim (3)  Lap (3)	

### Open Swim

Youth age 10 and older may swim unsupervised by an adult. 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. Children with approved floatation devices (Coast Guard approved lifejackets, puddle-jumpers at the lifeguards' discretion) must stay where the child can touch the bottom at all times.