



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVITY POOL DAILY SCHEDULE

## January 7 - 31

### MONDAYS:

7:00 - 8:00: Adult Swim  
8:00 - 9:00: Water Exercise  
9:00 - 10:00: Adult Swim  
10:00 - 11:30: Family Swim - Spray Features available  
11:30 - 12:30: Adult Swim  
12:30 - 1:30: Swim Lessons  
1:30 - 4:30: Open Swim  
4:30 - 5:45: Swim Lessons  
5:50 - 6:30: Family Swim - NO FEATURES  
6:30 - 8:30: Open Swim - SLIDE OPEN  
8:30 - 9:00: Open Swim

### TUESDAYS:

7:00 - 8:30: Adult Swim  
8:30 - 9:30: Water Exercise  
9:30 - 10:30: Water Exercise  
10:30 - 11:00: Swim Lessons  
11:00 - 12:30: Adult Swim  
12:30 - 1:30: Swim Lessons  
1:30 - 2:30 Homeschool Swim Lessons  
2:30 - 4:30 Open Swim  
4:30 - 7:05: Swim Lessons  
7:10 - 8:30: Open Swim - SLIDE OPEN  
8:30 - 9:00: Open Swim

### WEDNESDAYS:

7:00 - 8:00: Adult Swim  
8:00 - 9:00: Water Exercise  
9:00 - 10:00: Adult Swim  
10:30 - 11:30: Swim Lessons  
11:30 - 12:30 Adult Swim  
12:30 - 1:30: Swim Lessons  
1:30 - 3:00: Open Swim - Current Channel  
3:00 - 3:30: Swim Lessons  
4:00 - 5:45: Swim Lessons  
5:50 - 6:30: Family Swim - NO FEATURES  
6:30 - 8:30: Open Swim - SLIDE OPEN  
8:30 - 9:00: Open Swim

### THURSDAYS

7:00 - 8:30: Adult Swim  
8:30 - 9:30: Water Exercise  
9:30 - 10:30: Water Exercise  
10:30 - 11:30: Swim Lessons  
11:30 - 12:30: Adult Swim  
12:30 - 1:30: Swim Lessons  
1:30 - 2:30: Home School Swim Lessons  
2:30 - 4:30: Open Swim - Current Channel  
4:30 - 7:05: Swim Lessons  
7:10 - 8:30: Open Swim - SLIDE OPEN  
8:30 - 9:00: Open Swim

### FRIDAYS:

7:00 - 8:00: Adult Swim  
8:00 - 9:00: Water Exercise  
9:00 - 10:00: Adult Swim  
10:00 - 11:00: Family Swim - Spray Features available  
11:00 - 11:30: Swim Lessons  
11:30 - 12:30: Adult Swim  
12:30 - 1:30: Swim Lessons  
1:30 - 6:00: Open Swim  
6:00 - 7:30: Open Swim - SLIDE OPEN  
7:30 - 8:00: Open Swim

### SATURDAYS:

8:00 - 9:00: Adult Swim  
9:00 - 11:00: Swim Lessons  
11:00 - 1:00: Open Swim - No Features  
1:00 - 4:00: Open Swim - SLIDE OPEN  
4:00 - 4:30: Open Swim

### SUNDAYS:

10:00 - 11:00: Adult Swim  
11:00 - 1:00: Swim Lessons  
1:00 - 4:00: Open Swim - SLIDE OPEN  
4:00 - 4:30: Open Swim

- **PLEASE NOTE: Schedule is subject to change at anytime.**

**Water Exercise:** During this time, the pool is only open to those participating in the fitness class.

**Swim Lessons:** During this time, the only activity being held in the pool will be swim lessons. Participants must be pre-registered.

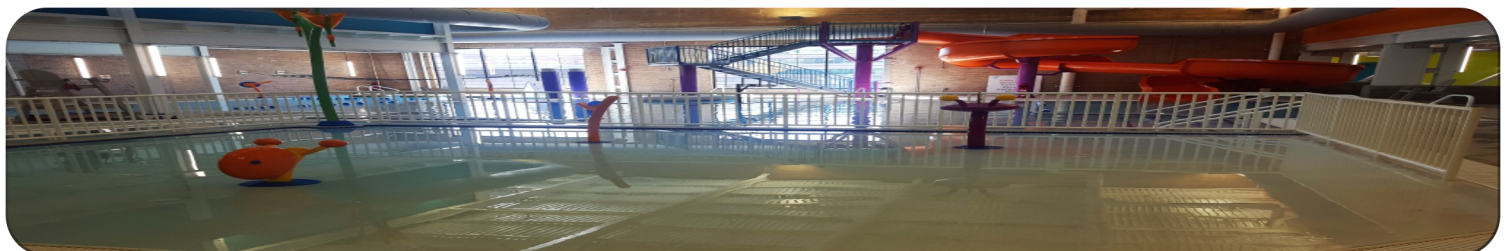
**Adult Swim:** During this time the pool is available for those who are ages 16 and older to use. This would be a great time to water walk in the lane area.

**Open Swim without features:** During this time, the Activity Pool will be available for use to everyone. We will require youth swimmers under the age of 16 to take a swim test if they would like to use the Instructional/Lap Area. The Lily Walk, Slide, and Current Channel will not be in use at this time. Children under the age of 7 must be accompanied by an adult in the water with them while using the pool at all times. The Zero Depth Area with Spray Features should be available.

**Open Swim - SLIDE OPEN:** During this time, the Activity Pool will be available for use to everyone. The slide will be on for those swimmers 48 inches or taller, the **Lily Walk** should be available to those swimmers who have passed the swim test, and the **Current Channel** may be available. Children under the age of 7 must be accompanied by an adult with them in the water at all times. The Spray Features should be on as well.

**Family Swim :** During this time, the Activity Pool will be available for families to use. Children under the age of 16 must be accompanied by an adult.

**Current Channel** may be available during the afternoon Open Swim times.





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# LAP POOL DAILY SCHEDULE

## January 7 - 31

### MONDAYS:

5:00 - 9:00: Adult Lap Swim  
9:00 - 10:00: Water Exercise Class  
10:15 - 1:00: Adult Lap Swim  
1:00 - 4:30: Lap Swim  
4:30 - 5:45: 2 Lane Lap Swim/Swim Lessons  
5:50 - 9:00: 3 Lane Lap Swim/1 Lane Swim Testing

### TUESDAYS:

5:00 - 1:00: Adult Lap Swim  
1:00 - 4:30: Lap Swim  
4:30 - 7:00: 2 Lane Lap Swim/Swim Lessons  
7:00 - 9:00: 3 Lane Lap Swim/1 Lane Swim Testing

### WEDNESDAYS:

5:00 - 9:00: Adult Lap Swim  
9:00 - 10:00: Water Exercise Class  
10:15 - 1:00: Adult Lap Swim  
1:00 - 4:30: Lap Swim  
4:30 - 5:45: 2 Lane Lap Swim/Swim Lessons  
5:45 - 9:00: 3 Lane Lap Swim/1 Lane Swim Testing

### THURSDAYS:

5:00 - 1:00: Adult Lap Swim  
1:00 - 4:30: Lap Swim  
4:30 - 7:00: 2 Lane Lap Swim/Swim Lessons  
7:00 - 9:00: 3 Lane Lap Swim/1 Lane Swim Testing

### FRIDAYS:

5:00 - 9:00: Adult Lap Swim  
9:00 - 10:00: Water Exercise Class  
10:15 - 1:00: Lap Swim  
1:00 - 8:00: 3 Lane Lap Swim/1 Lane Swim Testing

### SATURDAYS:

6:00 - 9:00: Adult Lap Swim  
9:00 - 11:00: 2 Lane Lap Swim/Swim Lessons  
11:00 - 4:30: 3 Lane Lap Swim/1 Lane Swim Testing

### SUNDAYS:

8:00 - 11:00: Adult Lap Swim  
11:00 - 1:00: 1-2 Lane Lap Swim/Swim Lessons/Logrolling  
1:00 - 4:30: 3 Lane Lap Swim/1 Lane Swim Testing

**Water Exercise:** During this time, the pool is only open to those participating in the fitness class.

**2 Lane Lap Swim/Swim Lessons:** During this time, 2 lanes will be used by our swim lesson program and 2 lanes will be available for lap swimming.

**Adult Lap Swim:** During this time the pool is available for those who are ages 18 and older to use who are continuously swimming laps.

**Lap Swim:** During this time, the pool is available for those who are ages 16 and older to use who are continuously swimming laps.

**3 Lane Lap Swim/1 Lane for Swim Testing:** During this time, the pool is available for those who are ages 16 and older who are continuously swimming laps. We may use 1 lane to administer our swim test to Open Swim swimmers during this time.



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