



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVITY POOL DAILY SCHEDULE

## January 17 – January 23

• PLEASE NOTE: Schedule is subject to change

### MONDAY:

7:00 – 8:00: Adult Swim  
8:15 – 9:00: Water Exercise  
9:15 – 10:00: Adult Swim  
10:15 – 11:15: Family Swim  
11:45 – 1:00: Adult Swim  
1:15 – 3:15: Open Swim  
4:30 – 6:30: Swim Lessons  
6:45 – 7:45: Family Swim  
8:00 – 8:45: Family Swim

### TUESDAY:

7:00 – 8:00: Adult Swim  
8:15 – 9:00: Water Exercise  
9:15 – 10:00: Adult Swim  
10:00 – 11:00: Family Swim  
11:00 – 11:30: Swim Lessons  
11:45 – 1:00: Adult Swim  
1:15 – 3:15: Open Swim  
4:30 – 6:30: Swim Lessons  
6:45 – 7:45: Family Swim  
8:00 – 8:45: Family Swim

### WEDNESDAY:

7:00 – 8:00: Adult Swim  
8:15 – 9:00: Water Exercise  
9:15 – 10:15: Adult Swim  
10:30 – 11:30: Family Swim  
11:45 – 1:00: Adult Swim  
1:15 – 3:15: Open Swim  
4:30 – 6:30 : Swim Lessons  
6:45 – 7:45: Family Swim  
8:00 – 8:45: Family Swim

### THURSDAY:

7:00 – 8:00: Adult Swim  
8:15 – 9:00: Water Exercise  
9:15 – 10:00: Adult Swim  
10:15 – 11:15: Family Swim  
11:45 – 1:00: Adult Swim  
1:15 – 3:15: Open Swim  
4:30 – 6:30: Swim Lessons  
6:45 – 7:45: Family Swim  
8:00 – 8:45: Family Swim

### FRIDAY:

7:00 – 9:00: Adult Swim  
9:15 – 10:15: Family Swim  
10:15 – 11:15: Family Swim  
11:30 – 1:00: Adult Swim  
1:15 – 3:15: Open Swim  
4:15 – 5:15: Family Swim  
5:30 – 6:30: Family Swim  
6:45 – 7:45: Family Swim

### SATURDAY:

7:15 – 8:45: Adult Swim  
9:00 – 11:00: Swim Lessons  
11:15 – 12:15: Family Swim  
12:30 – 1:30: Family Swim  
1:45 – 2:45: Family Swim

### SUNDAY:

9:15 – 10:15: Adult Swim  
11:00 – 12:30: Swim Lessons  
12:45 – 1:30: Family Swim  
1:45 – 2:30: Family Swim

**Water Exercise:** During this time, the pool is only open to those participating in the fitness class. All participants must pre-register for these classes. There is a class limit.

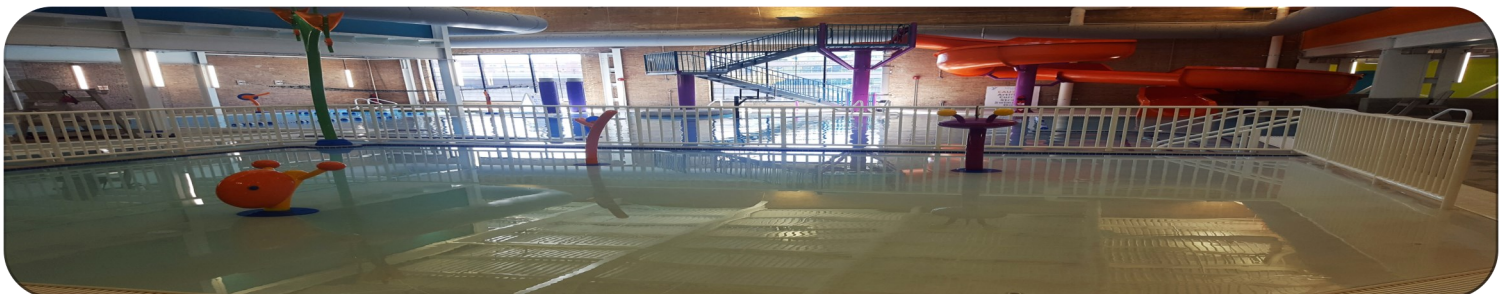
**Swim Lessons:** During this time, the only activity being held in the pool will be swim lessons. Participants must be pre-registered.

**Adult Swim:** During this time the pool is available for those who are ages 16 and older to use. Pre-registration is no longer needed.

**Family Swim :** During this time, the Activity Pool will be available for families to use. **Parents/Adults must be in the pool area with their children during this time. Any child under the age of 7 must have a parent/adult in the water – this includes the Splash Area of the pool.** Pre-registration is currently not required.

**Open Swim:** During this time, the Activity Pool will be available to all members. **Children ages 6 and under will require a parent/adult in the water with them at all times; children ages 7-12 will require a parent/adult to be either in the pool or on the pool deck at all times; ages 13-17 require no parent/adult.** We will try to offer the lily pads and/or slide during these times. Pre-registration is currently not required.

Registration for programs can be done through our app, online, in person or over the phone by calling 608-365-2261.





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# LAP POOL DAILY SCHEDULE

## January 17 – January 23

### MONDAYS:

5:00 – 8:55: Lap Swim

9:00 – 9:45: Water Exercise

10:00 – 3:55: Lap Swim

4:00 – 6:00 Swim Lessons/Lap Swim

6:00 – 7:00: Aquatic Conditioning for Youth

7:00 – 8:45: Lap Swim

### TUESDAYS:

5:00 – 3:55: Lap Swim

4:00 – 6:55: Swim Lessons/Lap Swim

7:00 – 8:45: Lap Swim

### WEDNESDAYS:

5:00 – 8:55: Lap Swim

9:00 – 9:45: Water Exercise

10:00 – 3:55: Lap Swim

4:00 – 6:00: Swim Lessons/Lap Swim

6:00 – 7:00: Aquatic Conditioning for Youth

7:00 – 8:45: Lap Swim

### THURSDAYS:

5:00 – 3:55: Lap Swim

4:00 – 6:55: Swim Lessons/Lap Swim

7:00 – 8:45: Lap Swim

### FRIDAYS:

5:00 – 7:45: Lap Swim

### SATURDAY:

6:00 – 9:00: Lap Swim

9:00 – 11:00: Swim Lessons/Lap Swim

11:00 – 2:45: Lap Swim

### SUNDAY:

8:00 – 10:55: Lap Swim

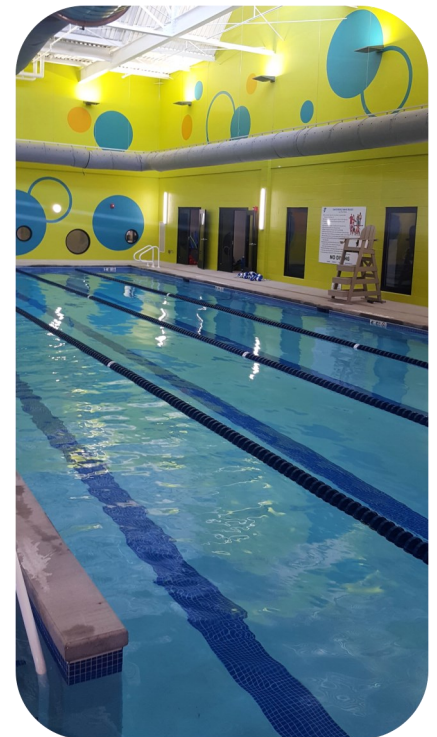
11:00 – 12:55: Swim Lessons/Lap Swim

1:00 – 2:45: Lap Swim

**Lap Swim:** The lap pool is available by reservation only at this time. Each reservation begins at the top of every hour and is 55 minutes in length. We are only allowing 1 person per lane.

**Water Exercise:** During this time, the pool is only open to those participating in the fitness class. All participants must pre-register for these classes. There is a class limit.

Reservations may be made on our app, online, in person, or by calling our Membership Services Desk at 608-365-2261.



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