



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

January 2012

Monday		SEE PAGE 2 FOR WARM WATER SCHEDULE
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
9 a.m. – 11:45 a.m.	Swim Lessons	
10 a.m. – 11 a.m.	Water Aerobics	
11:45 a.m.- 8:45 p.m.	Open Swim	
4 p.m. – 5:30 p.m.	H.S. Swim Team Practice	
6 p.m. – 7 p.m.	Masters Swim Team	
Tuesday		Lap lanes are always available.
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
5:30 a.m. – 8:45 p.m.	Open Swim	
9 a.m. – 11:45 a.m.	Swim Lessons	
11:45 a.m. – 8:45p.m.	Open Swim	
4 p.m. – 5:30 p.m.	H.S. Swim Team Practice	
Wednesday		SWIM CAPS, NOSE CLIPS & EAR PLUGS ARE FOR SALE @ THE FRONT DESK.
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
9 a.m. – 11:45 a.m.	Swim Lessons	
10 a.m. – 11 a.m.	Water Aerobics	
4 p.m. – 5:30 p.m.	H.S. Swim Team Practice	
11:45 a.m. – 8:45p.m.	Open Swim	
4 p.m. – 5:30 p.m.	H.S. Swim Team Practice	
6 p.m. – 7 p.m.	Masters Swim Team	
Thursday		CHILDREN 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT.
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
5:30 a.m. – 8:45 p.m.	Open Swim	
9 a.m. – 11:45 a.m.	Swim Lessons	
11:45 a.m. – 8:45p.m.	Open Swim	
4 p.m. – 5:30 p.m.	H.S. Swim Team Practice	
Friday		Private Swim Lessons are now available. More information is at the front desk.
5:30 a.m. – 7:00 p.m.	Lap swim, Water walk/jog	
9 a.m. – 11:45 a.m.	Swim Lessons	
10 a.m. – 11 a.m.	Water Aerobics	
11 a.m.- 7:15 p.m.	Open Swim	
4 p.m. – 5:30 p.m.	H.S. Swim Team Practice	
Saturday		
8:30 a.m. – 3:30 p.m.	Open Swim	
Sunday		
1:15 p.m. – 4:30 p.m.	Open Swim	



High School Swim Team Practice
Mon. – Fri.
4 – 5:30 p.m.

SIGN UP NOW FOR YOUTH LEAGUE BASKETBALL.
GRADES 4 – 12.

Warm Water Pool Schedule

Monday and Wednesday	
5:30- 10:00	Therapy (18 and above ONLY)
10am-11:15	Water Aerobics
11:15-11:45	Swim Lessons/ Special Programs
11:45-1:00	Therapy (18 and above ONLY)
1:00-3:00	Free Swim (Children may enter with a parent/guardian accompany them)
3:00-7:00	Therapy (18 and above ONLY)
7:00-8:30	Free Swim (Children may enter with a parent/guardian accompany them)
Tuesday and Thursday	
5:30-10:00	Therapy (18 and above ONLY)
10:00- 11:15	Free Swim (Children may enter with a parent/guardian accompany them)
11:15-11:45	Swim Lessons/Special Programs
11:45-1:00	Therapy (18 and above ONLY)
1:00-3:00	Free Swim (Children may enter with a parent/guardian accompany them)
3:00-7:00	Therapy (18 and above ONLY)
7:00-8:30	Free Swim (Children may enter with a parent/guardian accompany them)
Friday	
5:30-10:00	Therapy (18 and above ONLY)
10:00-11:15	Water Aerobics
11:15-1:00	Therapy (18 and above ONLY)
1:00-3:00	Free Swim (Children may enter with a parent/guardian accompany them)
3:00-5:00	Therapy (18 and above ONLY)
5:00-7:00	Free Swim (Children may enter with a parent/guardian accompany them)
Saturday	
8:00-10:30	Therapy (18 and above ONLY)
10:30-12:00	Free Swim (Children may enter with a parent/guardian accompany them)
12:00-2:00	Therapy (18 and above ONLY)
2:00-4:00	Free Swim (Children may enter with a parent/guardian accompany them)
Sunday	
1:00-2:00	Therapy (18 and above ONLY)
2:00-3:30	Free Swim (Children may enter with a parent/guardian accompany them)
3:30-4:30	Therapy (18 and above ONLY)