



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

## July 31<sup>st</sup>-August 11<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:15 Masters 8 lanes (7 lap lanes)	5:00-6:30 (all lap lanes)	5:00-6:15 Masters 8 lanes (7 lap lanes)	5:00-6:30 (all lap lanes)	5:00-6:15 Masters 8 lanes (7 lap lanes)		
6:30-8:30 (all lap lanes)	6:30-8:30 (all lap lanes)	6:30-8:30 (all lap lanes)	6:30-8:30 (all lap lanes)	6:30-8:30 (all lap lanes)		
9:00-9:45 Y Swim League (8 lanes)	9:00-10:15 Lap Swim	9:00-9:45 Y Swim League (8 lanes)	9:00-10:15 Lap Swim			
10:15-11:00 Water Aerobics (4 lap lanes)	10:15-11:00 Water Aerobics (4 lap lanes)	9:30 & 10:15 Water Aerobics 2 classes 45min (4 lap lanes)	10:15-11:00 Water Aerobics (4 lap lanes)	9:30 & 10:15 Water Aerobics 1 classes 45min (8 lap lanes)	7:00-8:00 Adult Lap/ Open Swim	
10:15-11:45 Spruce Creek 6 lanes	10:15-11:45 Spruce Creek 6 lanes	10:15-11:45 Spruce Creek 6 lanes	10:15-11:45 Spruce Creek 6 lanes	10:15-11:45 Spruce Creek 6 lanes	8:00-10:00 Speed 8 lanes (7 lanes)	
11:30-1:30 Lap Swim/ Swim Lesson	11:30-1:30 Lap Swim/ Swim Lesson	11:30-1:30 Lap Swim/ Swim Lesson	11:30-1:30 Lap Swim/ Swim Lesson		10:30-11:15 Water Aerobics	12:00-4:30 Open Swim
1:00-3:30 Summer Camp Swim (8 lap lanes)	1:00-3:30 Summer Camp Swim (8 lap lanes)	1:00-3:30 Summer Camp Swim (8 lap lanes)	1:00-3:30 Summer Camp Swim (8 lap lanes)	1:00-3:30 Summer Camp Swim (8 lap lanes)	11:30-4:30 Open Swim	
3:30-4:30 Speed 8 lanes (7 lap lanes) Y Swim Lesson	3:30-4:30 Speed 8 lanes (7 lap lanes) Y Swim Lesson	3:30-4:30 Speed 8 lanes (7 lap lanes) Y Swim Lesson	3:30-4:30 Speed 8 lanes (7 lap lanes) Y Swim Lesson	3:30-4:30 Speed 8 lanes (7 lap lanes) Y Swim Lesson	Pool Closes 4:30	Pool Closes 4:30
4:30-5:30 Speed 15 lanes (2 lap lanes)	4:30-5:30 Speed 15 lanes (2 lap lanes)	4:30-5:30 Speed 15 lanes (2 lap lanes)	4:30-5:30 Speed 15 lanes (2 lap lanes)	4:30-5:30 Speed 15 lanes (2 lap lanes)	<b>12:00-4:30 Community Swim \$3.00</b>	
5:30-6:00 Speed 8 lanes	5:30-6:00 Speed 8 lanes	5:30-6:00 Speed 8 lanes	5:30-6:00 Speed 8 lanes	5:30-6:00 Speed 8 lanes		
6:00-7:00 Masters 4 lanes (10 Lap lanes)	6:30-7:15 Y Swim League 6:30-8:00 Water Polo	6:00-7:00 Masters 4 lanes (10 Lap lanes)	6:30-7:15 Y Swim League 6:30-8:00 Water Polo	6:00-7:00 Masters 4 lanes (10 Lap lanes)		
Pool Closes 8:30	Pool Closes 8:30	Pool Closes 8:30	Pool Closes 8:30	Pool Closes 7:30		

**Lap Swimming Tips:** Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

**Directions for Adult Lap:** If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

**Speed:** Please choose a lane with swimmers that most nearly match your speed.

**Schedule and is subject to change**

**Multiple activities are often scheduled in this pool at the same time.**

**Private Swim Lessons Scheduled with Instructor**