



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

April 29<sup>th</sup> – May 28<sup>th</sup>, 2017

| Monday                                 | Tuesday   | Wednesday                              | Thursday  | Friday                               | Saturday  | Sunday   |
|--|---|--|---|--------------------------------------|---|--|
| 7:30-9:00<br>Lap Swim<br>4 Lap Lanes   | 7:30-9:00<br>Lap Swim<br>4 Lap Lanes                      | 7:30-9:00<br>Lap Swim<br>4 Lap Lanes   | 7:30-9:00<br>Lap Swim<br>4 Lap Lanes                      | 7:30-9:00<br>Lap Swim<br>4 Lap Lanes |   |  |
| 9:00-10:00<br>Water<br>Aerobics        | 9:00-10:00<br>Water<br>Aerobics                           | 9:00-10:00<br>Water<br>Aerobics        | 9:00-10:00<br>Water<br>Aerobics                           |                                      | 8:30-11:45<br>Lap Swim<br>4 Lap Lanes                   |  |
| 10:15-11:30<br>Lap Swim<br>4 Lap Lanes | 10:15-11:30<br>Lap<br>Swim/Swim<br>Lessons<br>4 Lap Lanes | 10:15-11:30<br>Lap Swim<br>4 Lap Lanes | 10:15-11:30<br>Lap<br>Swim/Swim<br>Lessons<br>4 Lap Lanes |                                      | 12:00-4:00<br>Open Swim<br>Water Features<br>until 3:30 |  |
| 11:30-4:00<br>Pool Closed              | 11:30-4:00<br>Pool Closed                                 | 11:30-4:00<br>Pool Closed              | 11:30-4:00<br>Pool Closed                                 | 11:30-4:00<br>Pool Closed            |   | 1:00-4:00<br>Open Swim<br>Water Features until<br>3:30 |
| 4:15-5:00<br>Y Spring Swim<br>League   | 4:30-6:30<br>Swim Lessons                                 | 4:15-5:00<br>Y Spring Swim<br>League   | 4:30-6:30<br>Swim Lessons                                 |                                      |   |  |
| 4:00-7:00<br>Lap Swim<br>2 Lap Lanes   | 4:00-7:00<br>Lap Swim<br>4 Lap Lanes                      | 4:00-7:00<br>Lap Swim<br>2 Lap Lanes   | 4:00-7:00<br>Lap Swim<br>4 Lap Lanes                      | 4:00-7:00<br>Lap Swim<br>4 Lap Lanes |   |  |
| Pool Closed<br>7:00                    | Pool Closed<br>7:00                                       | Pool Closed<br>7:00                    | Pool Closed<br>7:00                                       | Pool Closed<br>7:00                  |   |  |

**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**