



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Pool Schedule 2017

Pool Schedule begins June 5 and is subject to change.

Water temperature is 84-85 degrees. NO TOWELS PROVIDED. Multiple activities are often scheduled in this pool at the same time. Water fitness & swim lessons and Camp are closed to swimmers not involved in these activities.

Lap Swim— Swimmers age 15 and older may use lap time for serious lap swim or exercise. Lap swimmers may request a lane during open & family if the life guard decides there is adequate space.

Open Swim— Children ages 10 & older may swim without an adult.

Family Swim— Swimmers must be 16 to swim without an adult.

Children 5 and under must have an adult in the pool with them within arm's reach at all times.

Water aerobics— A 45-50 minute exercise class designed to give participants a cardiovascular workout while strengthening muscles and improving flexibility and balance. (Basic members are required to purchase a punch card.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-8:30 Adult Lap Swim	7:30-8:15 Low Impact Fitness	6:45-8:30 Adult Lap Swim	7:30-8:15 Low Impact Fitness	6:45-8:30 Adult Lap Swim		
8:30-9:20 Shallow Water Fitness	8:30-9:20 Deep Water Fitness	8:30-9:20 Shal- low Water Fitness	8:30-9:20 Deep Water Fitness	8:30-9:20 Shallow Water Fitness		
9:30-11:00 Swim Lessons	9:30-11:00 Swim Lessons	9:30-11:00 Swim Lessons	9:30-11:00 Swim Lessons	9:30-10:00 Preschool Swim		
11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	12:30-2:30 Open Swim	1:30-2:30 Open Swim
1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	2:45-4:30 Family Swim	2:45-4:30 Family Swim
3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	4:30 Pool Closes	4:30 Pool Closes
5:00-5:45 Swim Lessons	5:00-5:45 Swim Lessons	5:00-5:45 Swim Lessons	5:00-5:45 Swim Lessons	5:00-5:30 Closed	5:00 Building Closes	5:00 Building Closes
5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim 4 lanes Swim Team	5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim 4 lanes Swim Team	5:45-6:35 Shallow Water Fitness		
6:45-8:30 Family Swim * 6:45-7:45 Swim team in 3 lanes	6:45-8:30 Family Swim	6:45-8:30 Family Swim * 6:45-7:45 Swim Team in 3 lanes	6:45-8:30 Family Swim	6:45-8:30 Family Swim		
8:30 Pool Closes	8:30 Pool Closes	8:30 Pool Closes	8:30 Pool Closes	8:30 Pool Closes		
9:00 Building Closes	9:00 Building Closes	9:00 Building Closes	9:00 Building Closes	9:00 Building Closes		

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