



Pool Schedule Winter/Spring 2019

January 6 - May 25
(schedule subject to change)

	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
MONDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	Open 3:00 - 8:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 8:30 p.m.	CLOSED 8:00 - 8:30 p.m.		Pre-Season ** Stroke Clinic ** 4:00 - 5:00 p.m. <i>(April 1st - May 20th)</i>
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.				Adult Swim Lessons 7:00 - 8:00 p.m.
	Open Swim 11:15 a.m. - 8:30 p.m.	2 Lanes Available 10:00 a.m. - 2:00 p.m.				
		Open Swim 2:00 - 4:00 p.m. 2 Lanes (1 Lane") 4:00 - 6:00 p.m. H2o Aerobics 6:00 - 7:00 p.m. 1 Lane Available 7:00 - 8:30 p.m.				
TUESDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Swim Lessons 4:00 - 6:30 p.m.
	Adult Only 8:00 - 10:00 a.m.	Low Impact 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		
	Hydro Pump 10:00 - 10:30 a.m.	Deep Water 9:30 - 10:00 a.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Open Swim 11:15 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 2:00 p.m.		CLOSED 8:00 - 8:30 p.m.		
	Closed 3:50 - 6:00 p.m.	Open Swim 2:00 - 3:50 p.m.				
	Hydro Pump 6:00 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.				
	Open Swim 6:30 - 8:30 p.m.	Deep Water 6:30 - 7:00 p.m.				
		2 Lanes Available 7:00 - 8:30 p.m.				
WEDNESDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 8:30 p.m.	Open 3:00 - 8:00 p.m.		Teen Swim Lessons 7:00 - 8:00 p.m.
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.		CLOSED 8:00 - 8:30 p.m.		
	Open Swim 11:15 a.m. - 8:30 p.m.	2 Lanes Available 10:00 a.m. - 2:00 p.m.				
		Open Swim 2:00 - 4:00 p.m. 2 Lanes Available 4:00 - 6:00 p.m. H2o Aerobics 6:00 - 7:00 p.m. 1 Lane Available 7:00 - 8:30 p.m.				
THURSDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Swim Lessons 4:00 - 6:30 p.m.
	Adult Only 8:00 - 10:00 a.m.	Low Impact 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		
	Hydro Pump 10:00 - 10:30 a.m.	Deep Water 9:30 - 10:00 a.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Open Swim 11:15 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 2:00 p.m.		CLOSED 8:00 - 8:30 p.m.		
	Closed 3:50 - 6:00 p.m.	Open Swim 2:00 - 3:50 p.m.				
	Hydro Pump 6:00 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.				
	Open Swim 6:30 - 8:30 p.m.	Deep Water 6:30 - 7:00 p.m.				
		2 Lanes Available 7:00 - 8:30 p.m.				
FRIDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 3:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 6:30 p.m.	Open 3:00 - 6:00 p.m.	Open 3:30 - 4:00 p.m.	
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.		CLOSED 6:00 - 6:30 p.m.	CLOSED 4:00 - 6:30 p.m.	
	Open Swim 11:15 a.m. - 6:30 p.m.	2 Lanes Available 10:00 a.m. - 1:00 p.m.				
		Open Swim 1:00 - 4:00 p.m. 2 Lanes Available 4:00 - 6:30 p.m.				
SAT.	Adult Only 7:00 - 8:00 a.m.	3 Lanes Available 7:00 - 9:00 a.m.	CLOSED 7:00 a.m. - 12:00 p.m.	CLOSED 7:00 a.m. - 12:00 p.m.	CLOSED 7:00 a.m. - 1:00 p.m.	Swim Lessons 9:00 - 11:30 a.m.
	Hydro Pump 8:00 - 9:00 a.m.	Closed 9:00 - 11:30 a.m.	Open Swim 12:00 - 6:30 p.m.	Open 12:00 - 6:00 p.m.	Open 1:00 - 4:00 p.m.	
	Closed 9:00 a.m. - 12:00 p.m.	3 Lanes Available 11:30 a.m. - 1:00 p.m.		CLOSED 6:00 - 6:30 p.m.	CLOSED 3:00 - 6:30 p.m.	
	Open Swim 12:00 - 6:30 p.m.	Open Swim 1:00 - 6:30 p.m.				
SUN.	Adult Only 8:00 - 10:00 a.m.	2 Lanes Available 8:00 a.m. - 12:00 p.m.	CLOSED 8:00 - 10:00 a.m.	CLOSED 8:00 - 10:00 a.m.	CLOSED 8:00 a.m. - 12:00 p.m.	
	Open Swim 10:00 a.m. - 5:30 p.m.	Open Swim 12:00 - 5:30 p.m.	Open 10:00 a.m. - 5:30 p.m.	Open 10:00 a.m. - 5:00 p.m.	Open 12:00 - 3:00 p.m.	
				CLOSED 5:00 - 5:30 p.m.	CLOSED 3:00 - 5:30 p.m.	

WHICH LESSON IS APPROPRIATE?



6–24 Months
Parent/Child Level 1



18 Months–3 Years
Parent/Child Level 2



3–5 Years
Preschool Level 1–3



6–12 Years
Level 1–5 & Stroke Clinic

WHICH LEVEL IS APPROPRIATE?

Child Age 6 Months–3 Years

Is your child comfortable being in and around water?

YES? Next Question

NO? Parent/Child Level 1

Is your child comfortable entering and exiting the water?

YES? Next Question

NO? Parent/Child Level 2

Child Age 3–5 Years

Can the student put their face in the water and blow bubbles?

YES? Next Question

NO? Preschool Level 1

Can the student float on their back for 15 seconds and recover to their front?

YES? Next Question

NO? Preschool Level 2

Can the student swim independently to the instructor and turn over onto their back?

YES? Next Question

NO? Preschool Level 3

Can your student swim 15 yards rolling from front to back without assistance?

YES? Next Question

NO? Parent/Child Level 3*

Child Age 6–12 Years

Can the student enter and exit the water and swim 5 yards independently with their face in the water?

YES? Next Question

NO? Level 1

Can the student swim using combined arm and leg motion and recover to a back float independently?

YES? Next Question

NO? Level 2

Can the student swim 15 yards on their front and back with side breathing?

YES? Next Question

NO? Level 3

Can the student swim 25 yards front and back crawl and 15 yards breaststroke?

YES? Next Question

NO? Level 4

Can the student use a dive entry and swim 25 yards front crawl, back crawl, breaststroke, and butterfly?

YES? Next Question

NO? Level 5

Can the student swim all four competitive strokes effectively?

NO? Stroke Clinic

SWIM LESSON REGISTRATION DEADLINES

WEEKDAY SESSIONS			
SESSION DATES	REGISTRATION OPENS:		REGISTRATION WILL CLOSE AT 12:00 P.M. ON:
	RESIDENT	NON-RESIDENT	
SESSION 1	DEC 3	DEC 10	JAN 9
SESSION 2	JAN 25	JAN 28	FEB 1
SESSION 3	FEB 22	FEB 25	MAR 1
SESSION 4	MAR 22	MAR 25	MAR 29
SESSION 4	APR 19	APR 22	APR 26

WEEKEND SESSIONS			
SESSION DATES	REGISTRATION OPENS:		REGISTRATION WILL CLOSE AT 12:00 P.M. ON:
	RESIDENT	NON-RESIDENT	
SESSION 1	DEC 3	DEC 10	JAN 2
SESSION 2	FEB 6	FEB 9	FEB 13
SESSION 3	MAR 27	MAR 30	APR 3

For all swim lesson related questions please call 303-926-2562.