



# Pool Schedule Fall 2019

September 8 - December 21  
(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 - 11:00 a.m.	Open 3:00 - 8:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:00 a.m.
	<b>Hydro Pump</b> 7:00 - 8:00 a.m.	<b>H2o Aerobics</b> 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 8:30 p.m.	CLOSED 8:00 - 8:30 p.m.		Adult Swim Lessons 7:00 - 8:00 p.m.
	Adult Only 8:00 - 11:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.				
	Open Swim 11:00 a.m. - 8:30 p.m.	2 Lanes Available 10:00 a.m. - 6:00 p.m.				
		<b>H2o Aerobics</b> 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 - 11:00 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons AM 9:00 - 11:00 a.m.
	<b>Hydro Pump</b> 7:00 - 8:00 a.m.	<b>H2o Aerobics</b> 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Swim Lessons PM 4:00 - 6:30 p.m.
	Adult Only 8:00 - 11:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		
	Open Swim 11:00 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 3:50 p.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Closed 3:50 - 6:00 p.m.	CLOSED 3:50 - 6:30 p.m.		CLOSED 8:00 - 8:30 p.m.		
	<b>Hydro Pump</b> 6:00 - 6:30 p.m.	<b>Deep Water</b> 6:30 - 7:00 p.m.				
	Open Swim 6:30 - 8:30 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 - 11:00 a.m.	Open 3:00 - 8:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:00 a.m.
	<b>Hydro Pump</b> 7:00 - 8:00 a.m.	<b>H2o Aerobics</b> 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 8:30 p.m.	CLOSED 8:00 - 8:30 p.m.		Teen Swim Lessons 7:00 - 8:00 p.m.
	Adult Only 8:00 - 11:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.				
	Open Swim 11:00 a.m. - 8:30 p.m.	2 Lanes Available 10:00 a.m. - 6:00 p.m.				
		<b>H2o Aerobics</b> 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 - 11:00 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons AM 9:00 - 11:00 a.m.
	<b>Hydro Pump</b> 7:00 - 8:00 a.m.	<b>H2o Aerobics</b> 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Swim Lessons PM 4:00 - 6:30 p.m.
	Adult Only 8:00 - 11:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		
	Open Swim 11:00 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 3:50 p.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Closed 3:50 - 6:00 p.m.	CLOSED 3:50 - 6:30 p.m.		CLOSED 8:00 - 8:30 p.m.		
	<b>Hydro Pump</b> 6:00 - 6:30 p.m.	<b>Deep Water</b> 6:30 - 7:00 p.m.				
	Open Swim 6:30 - 8:30 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 - 11:00 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 6:30 p.m.	
	<b>Hydro Pump</b> 7:00 - 8:00 a.m.	<b>H2o Aerobics</b> 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 6:30 p.m.	Open 3:00 - 6:00 p.m.		
	Adult Only 8:00 - 11:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.		CLOSED 6:00 - 6:30 p.m.		
	Open Swim 11:00 a.m. - 6:30 p.m.	2 Lanes Available 10:00 a.m. - 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.
	<b>Hydro Pump</b> 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.	

# Swim Lesson Selection Guide

Which lesson would be appropriate for my child?



**6 Months – 3 Years**  
Parent & Child 1 - 2

\*Parent Child 1 is recommended for children 6 - 24 months  
\*\*Parent Child 2 is recommended for children 18 months - 3 years



**3 - 5 Years**  
Preschool Level 1 - 3



**6 - 12 years**  
Levels 1 - 5 & Stroke Clinic

## Which Level Should I Enroll My Child?

### Child Age 6 Months – 3 Years

Is your child comfortable being in and around water?

Not Yet **Parent Child - Level 1**

Is your child comfortable entering and exiting the water?

Not Yet **Parent Child - Level 2**

### Child Age 3 - 5 years

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

Not Yet **Preschool - Level 1**

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

Not Yet **Preschool - Level 2**

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

Not Yet **Preschool - Level 3**

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

Not Yet **Preschool - 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?

Not Yet **Level 1**

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

Not Yet **Level 2**

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

Not Yet **Level 3**

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

Not Yet **Level 4**

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

Not Yet **Level 5**

Can the student swim all four competitive strokes effectively?

Not Yet **Stroke Clinic**

### REGISTRATION DATES :

#### WEEKDAY SESSIONS

Session Dates:	Registration Opens at 7:00 a.m. on:		Registration will close at 12:00p.m. on:
	Resident	Non-Resident	
September	August 12	August 19	September 6
October	September 27	September 30	October 4
November	October 25	October 28	November 1

  

Session Dates:	Registration Opens at 7:00 a.m. on:		Registration will close at 12:00p.m. on:
	Resident	Non-Resident	
September	August 12	August 19	September 6
November	October 16	October 19	October 24

#### WEEKEND SESSIONS

### PRIVATE LESSON REGISTRATION:

Month	Activity #	Registration Opens	
		Resident	Non-Resident
September	6347.101	August 16	August 19
October	6347.201	September 24	September 27
November	6347.301	October 25	October 28
December	6347.401	November 22	November 25

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