



# Pool Schedule Fall 2021

September 7 - December 18

(schedule subject to change)

	River	Lap Pool	Zero Depth	Slide	Rope	Hot Tub	Swim Programs
<b>MONDAY</b>	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.	OPEN 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 Only 8:00 - 11:00 a.m.	<b>Aqua Movement</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.						
<b>TUESDAY</b>	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.	OPEN 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>Aqua Movement</b> 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.			<b>Synchro Storm Swim Team</b> 6:00-8:00 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.			(2 lanes until Stroke Clinic finishes)
	Closed 3:50 - 6:00 p.m.	CLOSED 3:50 - 6:30 p.m.		CLOSED 8:00 - 8:30 p.m.			
	Open Swim 6:30 - 8:30 p.m.	<b>Synchro Storm Swim Team</b> 6:00-8:30 p.m.					
<b>WEDNESDAY</b>	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.	OPEN 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 Only 8:00 - 11:00 a.m.	<b>Aqua Movement</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.						
<b>THURSDAY</b>	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.	OPEN 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>Aqua Movement</b> 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.			<b>Synchro Storm Swim Team</b> 6:00-8:00 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.			(2 lanes until Stroke Clinic finishes)
	Closed 3:50 - 6:00 p.m.	CLOSED 3:50 - 6:30 p.m.		CLOSED 8:00 - 8:30 p.m.			
	Open Swim 6:30 - 8:30 p.m.	<b>Synchro Storm Swim Team</b> 6:00-8:30 p.m.					
<b>FRIDAY</b>	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. - 5:30 p.m.	OPEN 5:00 a.m. - 5:30 p.m.	<b>Aloha Birthday Parties</b> 6:00 - 7:15 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. - 5:30 p.m.	Open 3:00 - 5:00 p.m.			<small>check with Guest Service for availability and scheduling</small>
	Adult Only 8:00 - 11:00 a.m.	<b>Aqua Movement</b> 9:00 - 10:00 a.m.		CLOSED 5:00 - 5:30 p.m.			
	Open Swim 11:00 a.m. - 5:30 p.m.	2 Lanes Available 10:00 a.m. - 5:30 p.m.					
<b>SAT.</b>	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.	OPEN 7:00 - 4:15 p.m.	Swim Lessons 9:00 - 11:30 a.m.
	<b>Hydro Pump</b> 8:00 - 9:00 a.m.	Closed 9:00 - 11:00 a.m.	Open Swim 12:00 - 4:15 p.m.	Open 12:00 - 4:15 p.m.	Open 1:00 - 4:15 p.m.		<b>Synchro Storm Swim Team</b> 11:00-12:00 p.m.
	Closed 9:00 a.m. - 12:00 p.m.	<b>Synchro Storm Swim Team</b> 11:00-12:00 p.m.					<b>Aloha Birthday Parties</b> 4:45 - 6:00 p.m.
	Open Swim 12:00 - 4:15 p.m.	3 Lanes Available 12:00 - 1:00 p.m.					<small>check with Guest Service for availability and scheduling</small>
	Open Swim 1:00 - 4:15 p.m.						
<b>SUN.</b>	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 8:00 a.m. - 3:15 p.m.	<b>Aloha Birthday Parties</b> 3:30 - 4:45 p.m.
	Open Swim 10:00 a.m. - 3:15 p.m.	Open Swim 12:00 - 3:15 p.m.	Open Swim 10:00 a.m. - 3:15 p.m.	Open 10:00 a.m. - 3:15 p.m.	Open 12:00 - 3:15 p.m.		<small>check with Guest Service for availability and scheduling</small>

# 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

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