



# Pool Schedule - Fall 2022

September 6 - December 17





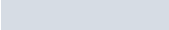
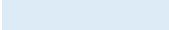
Schedule Subject to Change

Program	Pool Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Only	River	5-7 a.m.	5-7 a.m.	5-7 a.m.	5-7 a.m.	5-7 a.m.	7-8 a.m.	8-10 a.m.
		8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.		
		10-11 a.m.	10-11 a.m.	10-11 a.m.	10-11 a.m.	10-11 a.m.		
Lap Swim - 3 Lanes Available	Lap Pool	5-8 a.m.	5-8 a.m.	5-8 a.m.	5-8 a.m.	5-8 a.m.	7-9 a.m.	
Lap Swim - 2 Lanes Available	Lap Pool	10 a.m.-6 p.m.	10 a.m.-3:50 p.m.	10 a.m.-6 p.m.	10 a.m.-3:50 p.m.	10 a.m.-5:30 p.m.	11:15 a.m.-1 p.m.	8 a.m.-noon
		7-8:30 p.m.	6-8:30 p.m. Trident Synchro	7-8:30 p.m.	6:30-8:30 p.m.			
Open Swim	Lap Pool						1:15-4:15 p.m.	noon-3:15 p.m.
	River	11 a.m.-8:30 p.m.	11 a.m.-3:50 p.m.	11 a.m.-8:30 p.m.	11 a.m.-3:50 p.m.	11 a.m.-5:30 p.m.	noon-4:15 p.m.	10 a.m.-4:30 p.m.
			7-8:30 p.m.		7-8:30 p.m.			
	Rope Swing						1-4 p.m.	noon-3 p.m.
	Slide	3-8 p.m.	3-3:50 p.m.	3-8 p.m.	3-3:50 p.m.	3-5 p.m.	noon-4:15 p.m.	11 a.m.-4:00 p.m.
7-8 p.m.			7-8 p.m.					
Zero Depth	11 a.m.-8:30 p.m.	11 a.m.-3:50 p.m.	11 a.m.-8:30 p.m.	11 a.m.-3:50 p.m.	11 a.m.-5:30 p.m.	noon-4:15 p.m.	10 a.m.-4:30 p.m.	
		6:30-8:30 p.m.		6:30-8:30 p.m.				
Hot Tub	Hot Tub	5 a.m.-8:30 p.m.	5 a.m.-8:30 p.m.	5 a.m.-8:30 p.m.	5 a.m.-8:30 p.m.	5 a.m.-5:30 p.m.	7 a.m.-4:15 p.m.	8 a.m.-4:30 p.m.

## Water Aerobics Schedule

	Pool Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Movement	River	9-10 a.m.	9-10 a.m.	9-10 a.m.	9-10 a.m.	9-10 a.m.		
H2O Aerobics	Lap Pool	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.		
		6-7 p.m.		6-7 p.m.				
Hydro Pump	River	7-8 a.m.		7-8 a.m.		7-8 a.m.	8-9 a.m.	
River HIIT	River		7-8 a.m. (Sep. 13-Oct. 20) *registration required		7-8 a.m. (Sep. 13-Oct. 20) *registration required			

Key:

	Lap Pool		Rope Swing
	River		Slide
	Hot Tub		Zero Depth

# Swim Lesson Selection Guide

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

## WHICH LESSON WOULD BE APPROPRIATE FOR MY CHILD?



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

Recommended: Parent Child 1 for children 6 - 24mos  
Parent Child 2 for children 18mos - 3yrs



**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**