



Pool Schedule Winter/Spring 2017

January 2 - May 27 (Schedule subject to Change)

	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
MONDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
	Hvdro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 8:30 pm	Open 3:00 pm - 8:00 pm	Deep End Only 6:00 - 7:00pm	Pre-Season Stroke Clinic** 4:00 - 5:00 pm (April 3rd - May 22nd)
	Adult Only 8:00 - 9:00 am	Low Impact 9:00 - 10:00 am		Closed 8:00 - 8:30 pm		Adult Swim Lessons 7:15 - 8:00 pm
	Closed 9:00 - 11:15 am	2 Lanes Available 10:00 am - 2:00 pm				
	Open Swim 11:15 am - 8:30 pm	Open Swim 2:00 - 4:00 pm				
		2 Lanes** 4:00 - 6:00 pm H2O Aerobics 6:00 - 7:00 pm 1 Lane Available 7:00 - 8:30 pm				
TUESDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 7:00 pm	Swim Lessons 9:00 - 11:15 am
	Hvdro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 4:00 pm	Open 3:00 - 4:00 pm	Open 7:00 - 8:00 pm	Masters Swim 12:00 - 1:00 pm
	Adult Only 8:00 - 9:00 am	Low Impact 9:00 - 10:00 am	Closed 4:00 - 6:30 pm	Closed 4:00 - 6:30 pm	Closed 8:00 - 8:30 pm	Swim Lessons 4:00 - 6:30 pm
	Closed 9:00 - 11:15 am	Deep Water 9:30 - 10:00 am	Open Swim 6:30 - 8:30 pm	Open 6:30 - 8:00 pm		
	Hvdro Pump 10:00 - 10:30 am	2 Lanes Available 10:00 am - 12:00 pm		Closed 8:00 - 8:30 pm		
	Open Swim 11:15 am - 4:00 pm	Master Swim Only 12:00 - 1:00 pm				
	Closed 4:00 - 7:00 pm	2 Lanes Available 1:00 pm - 2:00pm				
	Hydro Pump 6:00 - 7:00 pm	Open Swim 2:00 - 4:00 pm				
	Open Swim 7:00 - 8:30 pm	Closed 4:00 - 6:30 pm				
		2 Lanes Available 6:30 - 7:00 pm				
		Open Swim 7:00 - 8:30 pm				
	WEDNESDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm
Hvdro Pump 7:00 - 8:00 am		H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 8:30 pm	Open 3:00 - 8:00 pm	Deep End Only 6:00 - 7:00pm	Teen Swim Lessons 7:00 - 8:00 pm
Adult Only 8:00 - 9:00 am		Low Impact 9:00 - 10:00 am		Closed 8:00 - 8:30 pm		
Closed 9:00-11:15 am		2 Lanes Available 10:00 am - 2:00 pm				
Open Swim 11:15 am - 8:30 pm		Open Swim 2:00 - 4:00 pm				
		2 Lanes 4:00 - 6:00 pm H2O Aerobics 6:00 - 7:00 pm 2 Lanes Available 7:00 - 8:30 pm				
THURSDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 7:00 pm	Swim Lessons 9:00 - 11:15 am
	Hvdro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 4:00 pm	Open 3:00 - 4:00 pm	Open 7:00 - 8:00 pm	Masters Swim 12:00 - 1:00 pm
	Adult Only 8:00 - 9:00 am	Low Impact 9:00 - 10:00 am	Closed 4:00 - 6:30 pm	Closed 4:00 - 6:30 pm	Closed 8:00 - 8:30 pm	Swim Lessons 4:00 - 6:30 pm
	Closed 9:00 - 11:15 am	Deep Water 9:30 - 10:00 am	Open Swim 6:30 - 8:30 pm	Open 6:30 - 8:00 pm		
	Hvdro Pump 10:00 - 10:30 am	2 Lanes Available 10:00 am - 12:00 pm		Closed 8:00 - 8:30 pm		
	Open Swim 11:15 am - 4:00 pm	Master Swim Only 12:00 - 1:00 pm				
	Closed 4:00 - 6:30 pm	2 Lanes Available 1:00 - 2:00 pm				
	Hydro Pump 6:00 - 6:30 pm	Open Swim 2:00 - 4:00 pm				
	Open Swim 6:30 - 8:30 pm	1 Lane Available 4:00 - 6:30 pm				
		Deep Water 6:30 - 7:00 pm				
		Open Swim 7:00 - 8:30 pm				
	FRIDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 9:00 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 3:30 pm
Hvdro Pump 7:00 - 8:00 am		H2O Aerobics 8:00 - 9:00 am	Open Swim/No features 9:00 - 10:00 am	Open 3:00 - 6:00 pm	Open 3:30 - 4:00 pm	
Adult Only 8:00 - 9:00 am		Low Impact 9:00 - 10:00 am	Open swim 10:00 am - 6:30 pm	Closed 6:00 - 6:30 pm	Closed 4:00 - 6:30 pm	
Open Swim 9:00 am - 6:30 pm		2 Lanes Available 10:00 am - 1:00 pm				
		Open Swim 1:00 - 4:00 pm				
		2 Lanes Available 4:00 - 6:30 pm				
SAT.	Adult Only 7:00 - 8:00 am	Master Swim Only 7:05 - 8:05 am	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 1:00 pm	Masters Swim 7:05 - 8:05 am
	Hvdro Pump 8:00 - 9:00 am	2 Lanes Available 8:05 - 9:05 am	Open Swim 12:00 - 6:30 pm	Open 12:00 - 6:00 pm	Open 1:00 - 3:00 pm	Swim Lessons 9:00 am - 12:00 pm
	Closed 9:00 am - 12:00 pm	Closed 9:00 am - 12:00 pm		Closed 6:00 - 6:30 pm	Closed 3:00 - 6:30 pm	
	Open Swim 12:00 - 6:30 pm	2 Lanes Available 12:00 - 1:00 pm				
		Open Swim 1:00 - 6:30 pm				
SUN.	Adult Only 8:00 - 10:00 am	2 Lanes Available 8:00 - 11:00 am	Closed 8:00 - 10:00 am	Closed 8:00 - 10:00 am	Closed 8:00 am - 12:00 pm	
	Open Swim 10:00 am - 5:30 pm	Open Swim 11:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 12:00 - 2:00 pm	
					Closed 2:00 - 5:30 pm	

SWIMMING LESSON CLASS DESCRIPTIONS

PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:10 teacher to student ratio.

Swim - Parent & Child 1 (ages 6 mos. - 24 mos.)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 mos. - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 mos. - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:5 teacher to student ratio

Preschool 1

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Prerequisite: Child must be ready to participate in a group setting.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Prerequisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Prerequisite: Pass Preschool 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

YOUTH AGES 6 - 15

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:8 teacher to student ratio.

Level 1: Introduction to Water Skills

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Prerequisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Prerequisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3: Stroke Development

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Prerequisite: Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

Level 4: Stroke Improvement

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Prerequisite: Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

Level 5: Stroke Refinement

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced.

Prerequisite: Pass Level 4; OR Swim 25 yards front and back crawl.

Level 6: Stroke Clinic

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.

Group Swim Lesson Dates and Registration windows:

Monday/Wednesday Mornings (9:00 - 11:15 a.m.)			
Session 1	Jan. 9 - Feb. 1*	4 Weeks	R \$35 / NR \$45
Session 2	Feb. 6 - Mar. 1**	4 Weeks	R \$35 / NR \$45
Session 3	Mar. 6 - Mar. 22	3 Weeks	R \$29 / NR \$35
Session 4	Apr. 3 - Apr. 26	4 Weeks	R \$39 / NR \$49
Session 5	May 1 - May 24	4 Weeks	R \$39 / NR \$49
Tuesday/Thursday Mornings (9:00 - 11:15 a.m.) and Afternoons (4:00 - 6:30 p.m.)			
Session 1	Jan. 10 - Feb. 2	4 Weeks	R \$39 / NR \$49
Session 2	Feb. 7 - Mar. 2	4 Weeks	R \$39 / NR \$49
Session 3	Mar. 7 - Mar. 23	3 Weeks	R \$29 / NR \$35
Session 4	Apr. 4 - Apr. 27	4 Weeks	R \$39 / NR \$49
Session 5	May 2 - May 25	4 Weeks	R \$39 / NR \$49
Saturday Mornings (9:00 - 11:50 a.m.)			
Session 1	Jan 14 - Feb 11	5 Weeks	R \$19 / NR \$25
Session 2	Feb. 18 - Mar. 18	5 Weeks	R \$19 / NR \$25
Session 3	Apr. 8 - May 27	8 Weeks	R \$39 / NR \$49
*No class Jan. 16			
**No class February 20			

Registration windows are as follows:

Weekday sessions			
Session:	Registration Opens:		Registration will close at 12:00 p.m. on:
	Resident	Non-Resident	
Session 1	December 5	December 12	January 6
Session 2	January 27	January 30	February 3
Session 3	February 24	February 27	March 3
Session 4	March 24	March 27	March 31
Session 5	April 21	April 24	April 28
Weekend sessions			
Session:	Registration Opens:		Registration will close at 12:00 p.m. on:
	Resident	Non-Resident	
Session 1	December 5	December 12	January 6
Session 2	February 4	February 6	February 14
Session 3	March 18	March 20	April 4