



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall/Winter Pool Schedule 2021-22

Pool Schedule begins August 31 and is subject to change.

Water temperature is 84-85 degrees. Multiple activities are often scheduled in this pool at the same time. Water fitness & swim lessons and Swim Team are closed to swimmers not involved in these activities.

**Lap Swim**— Swimmers age 15 and older may use lap time for serious lap swim or exercise. Lap swimmers may request a lane during open & family if the life guard decides there is adequate space.

**Open Swim**— Children ages 10 & older may swim without an adult. Lap lanes will be put in upon request.

**Family Swim**— Swimmers must be 16 to swim without an Parent/adult. Lap lanes will be put in upon request.

Children 5 and under must have an adult in the pool with them within arm's reach at all times.

**Water aerobics**— A 45-50 minute exercise class designed to give participants a cardiovascular workout while strengthening muscles and improving flexibility and balance. (Non-wellness center members are required to purchase a punch card). There will be 2 lap lanes in the pool as well.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30 Lap Swim	7:00-8:30 Lap Swim	7:00-8:30 Lap Swim	7:00-8:30 Lap Swim	7:00-8:30 Lap Swim		
8:30-9:30 Deep Water EX	7:30-8:30 Low Impact Water EX	8:30-9:30 Deep Water EX	7:30-8:30 Low Impact Water EX	8:30-9:30 Deep Water EX		
	8:30-9:30 Shallow Water EX		8:30-9:30 Shallow Water EX			
9:30-1:00 Family Swim (lessons 10:30-11:30)	9:30-1:00 Family Swim	9:30-1:00 Family Swim (lessons 10:30-11:30)	9:30-1:00 Family Swim	9:30-1:00 Family Swim		
1:00-3:00 Closed	1:00-3:00 Closed	1:00-3:00 Closed	1:00-3:00 Closed	1:00-3:00 Closed	CLOSED	1:30-2:30 Open Swim
HS Swim Team 3:00-4:30  (lessons 4:00-4:30)	HS Swim Team 3:00- 4:30	HS Swim Team 3:00-4:30  (lessons 4:00-4:30)	HS Swim Team 3:00- 4:30	3:00-5:00 Open Swim	CLOSED	2:45-4:30 Family Swim
4:30-6:00 Swim Team	4:30-6:00 Swim Team	4:30-6:00 Swim Team	4:30-6:00 Swim Team	5:00-6:00 Shallow Water EX		4:30 Pool Closes
6:00-7:00 Shallow Water EX	6:00-7:00 Open Swim (lessons 5:30-7)	6:00-7:00 Shallow Water EX	6:00-7:00 Open Swim (lessons 6-7)			5:00 Building Closes
7:00-8:00 Family Swim	7:00-8:00 Family Swim	7:00-8:00 Family Swim	7:00-8:00 Family Swim	6:00-8:00 Family Swim		
8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes		
8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes		

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