



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall/Winter Pool Schedule 2020-21

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.

HS/ML Swim– This is a time **exclusively** for families that have chosen to Homeschool or do all Virtual Learning with their children only. No other members will be in the pool.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30 Lap Swim	7:00-8:00 Lap Swim	7:00-8:30 Lap Swim	7:00-8:00 Lap Swim (Rustburg 6:15-7:15)	7:00-8:30 Lap Swim		
8:30-9:30 Deep Water EX	8:00-9:00 Low Impact Water EX	8:30-9:30 Deep Water EX	8:00-9:00 Low Impact Water EX	8:30-9:30 Deep Water EX		
	9:00-10:00 Shallow Water EX		9:00-10:00 Shallow Water EX			
9:30-1:00 Family Swim (lessons 11:30-12:30)	10:00-1:00 Family Swim	9:30-1:00 Family Swim (lessons 11:30-12:30)	10:00-1:00 Family Swim	9:30-1:00 Family Swim		
HS/ML Swim 1:00-2:00	1:00-4:00 Closed	HS/ML Swim 1:00-2:00	1:00-4:00 Closed	1:00-3:00 Closed	CLOSED	1:30-2:30 Open Swim
3:30-4:30 Open Swim (lessons 3:30-4:30)		3:30-4:30 Open Swim (lessons 3:30-4:30)		3:00-5:30 Open Swim (Rustburg 3-4)	CLOSED	2:45-4:30 Family Swim
4:30-6:00 Swim Team	4:00-6:00 Swim Team	4:30-6:00 Swim Team	4:00-6:00 Swim Team			4:30 Pool Closes
6:00-7:00 Shallow Water EX	6:00-7:00 Open Swim (lessons 6-7)	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 (HS Swim Team 6:45-8:15)	7:00-8:00 Family Swim (HS Swim Team 7:00-8:00)	7:00-8:00 Family Swim (HS Swim Team 6:45-8:15)	7:00-8:00 Family Swim (HS Swim Team 7:00-8:00)	5:30-7:00 Family Swim		
8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	7:00 Pool Closes		
8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	7:30 Building Closes		

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