



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 guard during open & family if the life guard decides there is adequate space.

**Open Swim**— Children ages 10 & older may swim without an adult.

**Family Swim**— Swimmers must be 16 to swim without an Parent/adult.

**HS/VL 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	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		
1:00-3:30 Closed HS/VL Swim 1-2	1:00-4:00 Closed	1:00-3:30 Closed HS/VL Swim 1-2	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)		3:00-4:30 Open Swim	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	4:30-5:30 Camp Swim		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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