



Pool Programs (1/6/18-2/2/18)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 1/5/2018

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please contact the Aquatics Director.

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | | |
|-------------------|---------------------------------------|---|------------------------------|-----------------------------|-------------------------------|-------------------------|--|---------------------------------------|------------------------------|--|--|--|
| Indoor Pool Hours | 12:00p-5:30p | 6:00a-9:30p | 6:00a-9:30p | 6:00a-9:30p | 6:00a-9:30p | 6:00a-9:30p | 7:30a-7:30p | | | | | |
| Bubble Hours | 12:00p-5:30p | 4:00p-8:00p | 4:00p-8:00p | 4:00p-8:00p | 4:00p-8:00p | 4:00p-8:00p | 1:00p-7:30p | | | | | |
| 6:00 | [Checkered] | Lakota Y Swim Practice | Lakota HS Swim Practice | Lakota Y Swim Practice | Lakota HS Swim Practice | Monroe HS Swim Practice | [Checkered] | | | | | |
| 6:30 | | 5:30a-7:00a | 5:15a-6:45a | 5:30a-7:00a | 5:15a-6:45a | 6:00a-7:00a | | | | | | |
| 7:00 | | Lakota HS Swim Practice *1/15/18 ONLY 8:00a-9:30a | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | |
| 9:00 | | SWIM LESSONS 10:00a-11:30a | H2O Fitness 10:00a-10:50a | | SWIM LESSONS 9:30a-11:00a | | | H2O Fitness to the Max 9:00a-9:50a | | | | |
| 9:30 | | | | | | | | Aqua Bootcamp 10:00a-11:00a | | | | |
| 10:00 | | SilverSplash 11:30a-12:20p | | | SilverSplash 11:00a-11:50a | | | SilverSplash 11:30a-12:20p | | | | |
| 10:30 | | | | | | | | | SWIM LESSONS 9:00a-12:30p | | | |
| 11:00 | [Checkered] | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | |
| 1:00 | | | | | | | SWIM LESSONS 1:00p-2:30p | SWIM LESSONS 1:00p-2:30p | | | | |
| 1:30 | | | | | | | | | | | | |
| 2:00 | | | | | | | Lakota High School Swim Practice 3:00p-5:00p Lakota YMCA Stingrays SWIM Practice Monday/Wednesday 4:30p-9:00p Tuesday/Thursday/Friday 4:30p-9:00p Saturday 3:00p-6:00p | | | | | |
| 2:30 | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | |
| 4:00 | SWIM LESSONS 5:30p-7:45p | | | SWIM LESSONS 5:30p-7:45p | | | | | | | | |
| 4:30 | | | | | | | | | | | | |
| 5:00 | [Checkered] | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | |
| 7:00 | H2O Fitness To The Max 7:00p-7:50p | | | | Amped Up H2O 7:00p-7:50p | | | | | | | |
| 7:30 | | | | | | | | | | | | |
| 8:00 | [Checkered] | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | |

Lakota Family YMCA strives to give the members the best experience possible as well as open our doors to helping the community. This time of the year is our busiest as we open our pool up to Lakota East/West High Schools and Monroe High School to support their Swim Team Programs. Lakota Y also continues to run our own programs for our members and community. During this season we have limited pool time and space. Please be aware that we are taking the best interest of everyone as we go through this season. If you have any

Monday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | | | |
|--------|---|---|---|---|---|---|---|---|---|
| 6:00a | Lap Swim 6:00a-8:00a | Lap Swim 6:00a-8:00a | Lap Swim 6:00a-8:00a | | Lakota Y Team 5:30a-7:00a | Lakota Y Team 5:30a-7:00a | | | |
| 6:30a | | | | | Lap Swim ONLY | Lap Swim ONLY | | | |
| 7:00a | | | | | 7:00a-3:00p | 7:00a-3:00p | | | |
| 7:30a | | | | | Lakota High School *1/15/18 ONLY 8:00a-9:30a | Lakota High School *1/15/18 ONLY 8:00a-9:30a | Lakota High School *1/15/18 ONLY 8:00a-9:30a | Lakota High School *1/15/18 ONLY 8:00a-9:30a | Lakota High School *1/15/18 ONLY 8:00a-9:30a |
| 8:00a | | | | | | | | | |
| 8:30a | | | | | | | | | |
| 9:00a | | | | | | | | | |
| 9:30a | | | | | | | | | |
| 10:00a | | | | | Swim Lessons 10:00a-11:30a | Swim Lessons 10:00a-11:30a | Swim Lessons 10:00a-11:30a | | |
| 10:30a | | | | | | | | | |
| 11:00a | SilverSplash 11:30a-12:20p | SilverSplash 11:30a-12:20p | SilverSplash 11:30a-12:20p | SilverSplash 11:30a-12:20p | SilverSplash *IF 25 Participants or more* | | | | |
| 11:30a | | | | | | | | | |
| 12:00p | | | | | | | | | |
| 12:30p | | | | | | | | | |
| 1:00p | Open Swim 12:30p-3:00p | Open Swim 12:30p-3:00p | Open Swim 12:30p-3:00p | Lap Swim 12:30p-3:00p | Lap Swim 12:30p-3:00p | | | | |
| 1:30p | | | | | | | | | |
| 2:00p | | | | | | | | | |
| 2:30p | | | | | | | | | |
| 3:00p | Lap Swim 3:00p-4:30p | Lakota High School 3:00p-4:30p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | | | |
| 3:30p | | | | | | | | | |
| 4:00p | | | | | | | | | |
| 4:30p | Lakota Y Team 4:30p-5:00p | Lakota Y Team 4:30p-5:00p | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | | | |
| 5:00p | | | | | | | | | |
| 5:15p | | | | | | | | | |
| 5:45p | | | | | | | | | |
| 6:00p | | | | | | | | | |
| 6:15p | | | | | | | | | |
| 6:30p | | | | | | | | | |
| 6:45p | | | | | | | | | |
| 7:00p | | | | | | | | | |
| 7:15p | | | | | | | | | |
| 7:30p | | | | | | | | | |
| 7:45p | | | | | | | | | |
| 8:00p | Lap Swim 8:00p-9:30p | Lap Swim 8:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p | | | |
| 8:15p | | | | | | | | | |
| 8:30p | | | | | | | | | |
| 8:45p | | | | | | | | | |
| 9:00p | | | | | | | | | |
| 9:30p | | | | | | | | | |

Tuesday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|--------|---|---|---|---|---|---|
| 6:00a | Lap Swim Only 6:00a-8:30a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a |
| 6:30a | | Lap Swim 6:45a-8:30a | Lap Swim 6:45a-8:30a | Lap Swim 6:45a-10:00a | Lap Swim 6:45a-2:00p | Lap Swim 6:45a-2:00p |
| 7:00a | | | | | | |
| 7:30a | | | | | | |
| 8:00a | Open Swim 8:30a-10:00a | Open Swim 8:30a-10:00a | Open Swim 8:30a-10:00a | H2O Fitness 10:00a-10:50a | H2O Fitness 10:00a-10:50a | H2O Fitness 10:00a-10:50a |
| 8:30a | | | | | | |
| 9:00a | | | | | | |
| 9:30a | | | | | | |
| 10:00a | Open Swim 11:00a-1:00p | Open Swim 11:00a-1:00p | Open Swim 11:00a-1:00p | Lap Swim 11:00a-3:00p | Lap Swim 11:00a-3:00p | Lap Swim 11:00a-3:00p |
| 10:30a | | | | | | |
| 11:00a | | | | | | |
| 11:30a | | | | | | |
| 12:00p | Swim Lessons 1:00p-2:30p | Swim Lessons 1:00p-2:30p | Swim Lessons 1:00p-2:30p | Open Swim 2:30p-4:30p | Open Swim 2:30p-4:30p | Open Swim 2:30p-4:30p |
| 12:30p | | | | | | |
| 1:00p | | | | | | |
| 1:30p | | | | | | |
| 2:00p | LAP SWIM 2:30p-4:30p | Open Swim 3:00p-4:30p | Open Swim 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p |
| 2:30p | | | | | | |
| 3:00p | | | | | | |
| 3:30p | | | | | | |
| 4:00p | Lakota Y TEAM Lap Swim 5:00p-7:00p | Lakota Y Team 4:30p-7:00p | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 |
| 4:30p | | | | | | |
| 5:00p | | | | | | |
| 5:30p | | | | | | |
| 5:45p | | | | | | |
| 6:00p | | | | | | |
| 6:15p | | | | | | |
| 6:30p | | | | | | |
| 6:45p | | | | | | |
| 7:00p | | | | | | |
| 7:15p | | | | | | |
| 7:30p | | | | | | |
| 7:45p | | | | | | |
| 8:00p | OPEN SWIM 8:00p-9:30p | OPEN SWIM 8:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p |
| 8:15p | | | | | | |
| 8:30p | | | | | | |
| 8:45p | | | | | | |
| 9:00p | | | | | | |
| 9:30p | | | | | | |

Wednesday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | | | | | | |
|--------|-----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|----------------------|----------------------|----------------------|
| 6:00a | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lakota Y Team | Lakota Y Team | | | | | | |
| 6:30a | | | | | 5:30a-7:00a | 5:30a-7:00a | | | | | | |
| 7:00a | | | | | Lap Swim ONLY | Lap Swim ONLY | | | | | | |
| 7:30a | 6:00a-8:00a | 6:00a-8:00a | 6:00a-8:00a | 6:00a-11:30a | 7:00a-11:30a | 7:00a-3:00p | | | | | | |
| 8:00a | OPEN SWIM | OPEN SWIM | OPEN SWIM | | | | | | | | | |
| 8:30a | | | | | | | | | | | | |
| 9:00a | | | | | | | 8:00a-11:30a | 8:00a-11:30a | 8:00a-11:30a | | | |
| 9:30a | | | | | | | | | | | | |
| 10:00a | | | | | | | | | | | | |
| 10:30a | | | | | | | | | | | | |
| 11:00a | | | | | | | | | | | | |
| 11:30a | SilverSplash | SilverSplash | SilverSplash | | | | SilverSplash | SilverSplash | | | | |
| 12:00p | | | | | | | | | 11:30a-12:20p | 11:30a-12:20p | 11:30a-12:20p | 11:30a-12:20p |
| 12:30p | OPEN SWIM | OPEN SWIM | OPEN SWIM | | | | Lap Swim | Lap Swim | | | | |
| 1:00p | Swim Lessons | Swim Lessons | Swim Lessons | | | | | | | | | |
| 1:30p | 1:00p-2:30p | 1:00p-2:30p | 1:00p-2:30p | | | | | | | | | |
| 2:00p | OPEN SWIM | OPEN SWIM | OPEN SWIM | | | | | | | | | |
| 2:30p | OPEN SWIM | OPEN SWIM | OPEN SWIM | Lakota High School | Lakota High School | Lakota High School | | | | | | |
| 3:00p | Lap Swim | Lakota High School | Lakota High School | | | | Lakota High School | Lakota High School | Lakota High School | | | |
| 3:30p | 3:00p-4:30p | | | | | | | | | | | |
| 4:00p | Lakota Y Team | 3:00p-4:30p | 3:00p-5:00p | | | | 3:00p-5:00p | 3:00p-5:00p | 3:00p-5:00p | | | |
| 4:30p | | 4:30p-5:00p | Lakota Y Team | | | | Lakota Y Team | Lakota Y Team | Lakota Y Team | | | |
| 5:00p | | 4:30p-5:00p | | | | | | | | | | |
| 5:30p | Private Swim Lessons | Lakota Y Team | | Lakota Y Team | Lakota Y Team | Lakota Y Team | | | | | | |
| 5:45p | | | | | | | | | | | | |
| 6:00p | | | 5:15p-8:00p | | | | Lakota Y Team | Lakota Y Team | Lakota Y Team | Lakota Y Team | | |
| 6:15p | | | | | | | | | | | | |
| 6:30p | | | | | | | | | | | | |
| 6:45p | | | | | | | | | | | | |
| 7:00p | | | | | | | | | | | | |
| 7:15p | | | | | | | | | | | | |
| 7:30p | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | | | | | |
| 7:45p | | | | | | | | | | | | |
| 8:00p | | | | | | | | | | | | |
| 8:15p | | | | | | | | | | | | |
| 8:30p | | | | | | | | | | | | |
| 8:45p | | | | | | | 8:00p-9:30p | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 9:00p | | | | | | | 9:00p-9:30p | 9:00p-9:30p | 9:00p-9:30p | 9:00p-9:30p | 9:00p-9:30p | 9:00p-9:30p |
| 9:30p | | | | | | | | | | | | |

Thursday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|--------|---|---|---|---|---|---|
| 6:00a | Lap Swim ONLY 6:00a-8:30a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a | Lakota High School 5:15a-6:45a |
| 6:30a | | Lap Swim 6:30a-8:30a | Lap Swim 6:45a-8:30a | LAP SWIM 6:45a-11:00a | LAP SWIM 6:45a-3:00p | LAP SWIM 6:45a-3:00p |
| 7:00a | | | | | | |
| 7:30a | | | | | | |
| 8:00a | | | | | | |
| 8:30a | Open Swim 8:30a-9:30a | Open Swim 8:30a-9:30a | Open Swim 8:30a-9:30a | LAP SWIM 6:45a-11:00a | LAP SWIM 6:45a-3:00p | LAP SWIM 6:45a-3:00p |
| 9:00a | | | | | | |
| 9:30a | Swim Lessons 9:30a-11:00a | Swim Lessons 9:30a-11:00a | Swim Lessons 9:30a-11:00a | | | |
| 10:00a | | | | | | |
| 10:30a | | | | | | |
| 11:00a | H2O Fitness 11:00a-11:50a | H2O Fitness 11:00a-11:50a | H2O Fitness 11:00a-11:50a | H2O Fitness 11:00a-11:50a | LAP SWIM 6:45a-11:00a | LAP SWIM 6:45a-3:00p |
| 11:30a | | | | | | |
| 12:00p | Open Swim 12:00p-3:00p | Open Swim 12:00p-3:00p | Open Swim 12:00p-3:00p | Lap Swim 12:00p-3:00p | | |
| 12:30p | | | | | | |
| 1:00p | | | | | | |
| 1:30p | LAP SWIM 3:00p-4:30p | Lakota High School 3:00p-4:30p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p |
| 2:00p | | | | | | |
| 2:30p | | | | | | |
| 3:00p | | | | | | |
| 3:30p | | | | | | |
| 4:00p | Lakota Y TEAM | Lakota Y Team 4:30p-7:00p | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 |
| 4:30p | | | | | | |
| 5:00p | Lap Swim 5:00p-7:00p | | | | | |
| 5:30p | | | | | | |
| 5:45p | | | | | | |
| 6:00p | H2O Fitness to the MAX 7:00p-7:50p | H2O Fitness to the MAX 7:00p-7:50p | LAP SWIM 8:00p-9:30p | LAP SWIM 8:00p-9:30p | LAP SWIM 8:00p-9:30p | LAP SWIM 8:00p-9:30p |
| 6:15p | | | | | | |
| 6:30p | | | | | | |
| 6:45p | | | | | | |
| 7:00p | | | | | | |
| 7:15p | OPEN SWIM 8:00p-9:30p | OPEN SWIM 8:00p-9:30p | Lap Swim 8:45p-9:30p | Lap Swim 8:45p-9:30p | Lap Swim 8:45p-9:30p | Lap Swim 8:45p-9:30p |
| 7:30p | | | | | | |
| 7:45p | | | | | | |
| 8:00p | | | | | | |
| 8:15p | | | | | | |
| 8:30p | | | | | | |
| 8:45p | OPEN SWIM 8:00p-9:30p | OPEN SWIM 8:00p-9:30p | Lap Swim 8:45p-9:30p | Lap Swim 8:45p-9:30p | Lap Swim 8:45p-9:30p | Lap Swim 8:45p-9:30p |
| 9:00p | | | | | | |
| 9:30p | | | | | | |

Friday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|--------|---------------------------------------|---|---|--|--|--|
| 6:00a | Lap Swim 6:00a-8:00a | Lap Swim 6:00a-8:00a | Lap Swim 6:00a-8:00a | Monroe Hornets 6:00a-7:00a Start 11/10/17 | Monroe Hornets 6:00a-7:00a Start 11/10/17 | Monroe Hornets 6:00a-7:00a Start 11/10/17 |
| 6:30a | | | | | | |
| 7:00a | | | | | | |
| 7:30a | | | | | | |
| 8:00a | OPEN SWIM 8:00a-11:30a | OPEN SWIM 8:00a-11:30a | OPEN SWIM 8:00a-11:30a | Lap Swim 6:00a-11:30a | Lap Swim 6:00a-3:00p | Lap Swim 6:00a-3:00p |
| 8:30a | | | | | | |
| 9:00a | | | | | | |
| 9:30a | | | | | | |
| 10:00a | | | | | | |
| 10:30a | | | | | | |
| 11:00a | | | | | | |
| 11:30a | SilverSplash 11:30a-12:20p | SilverSplash 11:30a-12:20p | SilverSplash 11:30a-12:20p | SilverSplash 11:30a-12:20p | SilverSplash *IF 25 Participants or more* | |
| 12:00p | | | | | | |
| 12:30p | OPEN SWIM 12:30p-3:00p | OPEN SWIM 12:30p-3:00p | OPEN SWIM 12:30p-3:00p | Lap Swim 12:30p-3:00p | Lap Swim 12:30p-3:00p | |
| 1:00p | | | | | | |
| 1:30p | | | | | | |
| 2:00p | | | | | | |
| 2:30p | LAP SWIM 3:00p-4:30p | Lakota High School 3:00p-4:30p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p | Lakota High School 3:00p-5:00p |
| 3:00p | | | | | | |
| 3:30p | | | | | | |
| 4:00p | | | | | | |
| 4:30p | Lakota Y Team | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 | Lakota Y Team 5:00p-9:00 |
| 5:00p | | | | | | |
| 5:30p | | | | | | |
| 5:45p | | | | | | |
| 6:00p | | | | | | |
| 6:15p | | | | | | |
| 6:30p | | | | | | |
| 6:45p | | | | | | |
| 7:00p | | | | | | |
| 7:15p | | | | | | |
| 7:30p | | | | | | |
| 7:45p | | | | | | |
| 8:00p | OPEN SWIM 8:45p-9:30p | OPEN SWIM 8:45p-9:30p | OPEN SWIM 8:45p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p | Lap Swim 9:00p-9:30p |
| 8:45p | | | | | | |
| 9:00p | | | | | | |
| 9:30p | | | | | | |

Saturday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | | | | |
|--------|---|---|---|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 7:30a | LAP SWIM 8:00a-9:00a | LAP SWIM 8:00a-9:00a | LAP SWIM 8:00a-9:00a | LAP SWIM 8:00a-9:30a | LAP SWIM 8:00a-9:30a | LAP SWIM 8:00a-9:30a | | | | |
| 8:00a | | | | | | | | | | |
| 8:30a | | | | | | | | | | |
| 9:00a | H2O Fitness to the Max 9:00a-10:00a | H2O Fitness to the Max 9:00a-10:00a | H2O Fitness to the Max 9:00a-10:00a | SWIM LESSONS 9:30a-10:30a | SWIM LESSONS 9:30a-10:30a | SWIM LESSONS 9:30a-10:30a | | | | |
| 9:30a | | | | | | | | | | |
| 10:00a | SWIM LESSONS 10:00-12:30 | SWIM LESSONS 10:00-12:30 | Aqua Boot Camp | SWIM LESSONS 11:00a-12:30p | SWIM LESSONS 11:00a-12:30p | SWIM LESSONS 11:00a-12:30p | | | | |
| 10:30a | | | Aqua Boot Camp | | | | | | | |
| 11:00a | | | OPEN SWIM 12:30p-8:30p | OPEN SWIM 12:30p-8:30p | OPEN SWIM 12:30p-3:00p | Lap Swim 12:30p-3:00p | Lap Swim 12:30p-3:00p | | | |
| 11:30a | | | | | | | | | | |
| 12:00p | | | | | | | | | | |
| 12:30p | OPEN SWIM 12:30p-8:30p | OPEN SWIM 12:30p-8:30p | OPEN SWIM 12:30p-3:00p | Lap Swim 12:30p-3:00p | Lap Swim 12:30p-3:00p | | | | | |
| 1:00p | | | | | | | | | | |
| 1:30p | | | | | | | | | | |
| 2:00p | | | | | | | | | | |
| 2:30p | | | | | | | | | | |
| 3:00p | | | | | | | | | | |
| 3:30p | | | | | | | | | | |
| 4:00p | | | | | | Lakota Y Team 3:00p-6:30p | Lakota Y Team 3:00p-6:30p | Lakota Y Team 3:00p-6:30p | Lakota Y Team 3:00p-6:30p | Lakota Y Team 3:00p-6:30p |
| 4:30p | | | | | | | | | | |
| 5:00p | | | | | | Open Swim 6:00p-7:30p | Open Swim 6:00p-7:30p | Lap Swim 6:00p-7:30p | Lap Swim 6:00p-7:30p | Lap Swim 6:00p-7:30p |
| 5:30p | | | | | | | | | | |
| 6:00p | | | | | | | | | | |
| 6:30p | Open Swim 6:00p-7:30p | Open Swim 6:00p-7:30p | Lap Swim 6:00p-7:30p | Lap Swim 6:00p-7:30p | Lap Swim 6:00p-7:30p | | | | | |
| 7:00p | | | | | | | | | | |
| 7:30p | | | | | | | | | | |

Sunday's

| Time | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|--------|----------------------------------|----------------------------------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 12:00p | Open Swim 12:00p-5:30p | Open Swim 12:00p-5:30p | Open Swim 12:00p-5:30p | Lap Swim 12:00p-5:30p | Lap Swim 12:00p-5:30p | Lap Swim 12:00p-5:30p |
| 12:30p | | | | | | |
| 1:00p | | | | | | |
| 1:30p | | | | | | |
| 2:00p | | | | | | |
| 2:30p | | | | | | |
| 3:00p | | | | | | |
| 3:30p | | | | | | |
| 4:00p | | | | | | |
| 4:30p | | | | | | |
| 5:00p | | | | | | |