



POOL PROGRAMS

11/2/2018 - 11/22/2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 11/2/2018

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 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 Pool 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-7:00p		
6:00		Stingrays Swim Team	Lakota High School	Stingrays Swim Team	Lakota High School				
6:30		5:30a-6:30a	5:15a-6:45a	5:30a-6:30a	5:15a-6:45a				
7:00									
7:30									
8:00									
8:30									
9:00								H2O Fitness to the Max	
9:30					Swim Lessons			9:00a-9:50a	
10:00					9:30a-12:00p			Aqua Bootcamp	
10:30								10:00a-11:00a	
11:00					Rocking the Waves			Swim Lessons	
11:30			SilverSplash	Swim Lessons	SilverSplash			11:00a - 11:55a	9:00a-12:30p
12:00			11:30a-12:20p	11:30a - 1:30p	11:30a-12:20p				
12:30									
1:00									
1:30									
2:00									
2:30									
3:00		LAKOTA EAST/WEST SWIM TEAM					LAKOTA STINGRAYS SWIM TEAM 2:00Pp-5:30p		
3:30		3:00pm - 5:00pm							
4:00		LAKOTA STINGRAYS SWIM TEAM							
4:30				4:30pm - 9:00pm					
5:00		Swim Lessons		Swim Lessons					
5:30		5:15p-8:00p		5:15p-8:00p					
6:00		(Moved to Bubble when possible)		(Moved to Bubble when possible)					
6:30									
7:00			H2O Fitness		Amped Up				
7:30			To The Max		H2O				
8:00			7:00p-7:50p		7:00p-7:50p				
8:30									
9:00									
9:30									
10:00									

MONDAY

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 Stingrays	Lakota Stingrays	Lakota Stingrays	
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a	
7:00a				Lap Swim	Lap Swim	Lap Swim	
7:30a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Lap Swim 6:45a-10:00a	Lap Swim 6:45a-10:00a	Lap Swim 6:45a-11:30a	Lap Swim 6:45a-3:00p	
8:00a							
8:30a							
9:00a							
9:30a							
10:00a							
10:30a							
11:00a							
11:30a							
12:00p	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash		
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 participants)		
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	Lap Swim 3:00p-4:00p (Lane available in BUBBLE)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p		Lakota East/West 3:00p-5:00p
3:00p							
3:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p		Lakota Stingrays 4:30p-9:00p
4:00p							
4:30p							
5:00p	SWIM LESSONS 5:15p-8:00p (In Bubble)	SWIM LESSONS 5:15p-8:00p (In Bubble)					
5:15p							
5:45p							
6:00p							
6:15p							
6:30p							
6:45p	When Lessons in Bubble, Swim Team uses ALL Lanes						
7:00p							
7:15p							
7:30p	Lap Swim 8:00p-9:30p						
7:45p							
8:00p							
8:15p							
8:30p							
8:45p							
9:00p							
9:30p							

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6:00a-8:00a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a
6:30a						
7:00a			Lap Swim 6:45a-8:00a	Lap Swim 6:45a-8:00a	Lap Swim 6:45a-3:00p	Lap Swim 6:45a-3:00p
7:30a						
8:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a			
8:30a						
9:00a						
9:30a	SWIM LESSONS 10:00a-1:30p	SWIM LESSONS 10:00a-1:30p	SWIM LESSONS 10:00a-1:30p			
10:00a						
10:30a						
11:00a						
11:30a	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p			
12:00p						
12:30p						
1:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
1:30p						
2:00p						
2:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p	H2O Fitness 7:00p-7:50p (In Bubble when Bubble is open)	H2O Fitness 7:00p-7:50p (In Bubble when Bubble is open)				
6:15p						
6:30p						
6:45p	Lap Swim 8:00p-9:30p					
7:00p						
7:15p						
7:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

WEDNESDAY

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 Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a				Lap Swim	Lap Swim	Lap Swim
7:30a				6:45a-10:00a	6:45a-11:30a	6:45a-3:00p
8:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a				
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	(used if more than 20 participants)
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p		
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	Lap Swim 3:00p-4:00p (Lane available in BUBBLE)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p
2:30p						
3:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p
3:30p						
4:00p	SWIM LESSONS 5:15p-8:00p (In Bubble) When Lessons in Bubble, Swim Team uses ALL Lanes	SWIM LESSONS 5:15p-8:00p (In Bubble)				
4:30p						
5:00p						
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	Lap Swim 8:00p-9:30p					
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 9:00p-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	Lap Swim 9:00p-9:30p
8:15p						
8:30p						
8:45p	Lap Swim 9:00p-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	Lap Swim 9:00p-9:30p
9:00p						
9:30p						

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6				
6:00a	Lap Swim 6:00a-8:00a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a	Lakota East/West 5:30a - 6:45a				
6:30a										
7:00a										
7:30a		Lap Swim 6:45a-8:00a	Lap Swim 6:45a-8:00a	Lap Swim 6:45a-3:00p	Lap Swim 6:45a-3:00p	Lap Swim 6:45a-3:00p				
8:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a							
8:30a										
9:00a										
9:30a										
10:00a										
10:30a										
11:00a										
11:30a										
12:00p										
12:30p										
1:00p										
1:30p	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p	Open Swim 1:30p-3:00p							
2:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p				
2:30p										
3:00p										
3:30p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p	Lakota Stingrays 4:30p-9:00p				
4:00p										
4:30p										
5:00p										
5:30p										
5:45p										
6:00p										
6:15p										
6:30p										
6:45p										
7:00p	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)	H2O Fitness to the MAX 7:00p-7:50p (In Bubble when Bubble is open)								
7:15p										
7:30p										
7:45p	Lap Swim 8:00p-9:30p									
8:00p										
8:15p										
8:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p					Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
8:45p										
9:00p										
9:30p										

FRIDAY

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	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-4:00p
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			
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(used if more than 20 participants)	
1:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	
1:30p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	
2:00p						
2:30p						
3:00p	Lap Swim 3:00p-4:00p (Lane available in BUBBLE after 4p)	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
3:30p		3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
4:00p						
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
5:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p	4:30p-9:00p
5:30p						
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					
8:15p						
8:30p						
8:45p						
9:00p		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p		9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00a-11:30a	Lap Swim	Lap Swim
8:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a		8:00a-9:00a	8:00a-9:00a
8:30a	Water Aerboics	Water Aerboics	Water Aerboics		Swim Lessons 9:00a-10:30a	Swim Lessons 9:00a-10:30a
9:00a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a			
9:30a	Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	Swim Lessons 11:30a-12:30p	Lap Swim	Lap Swim 12:30p-2:00p
10:00a					Lap Swim 10:30a-11:30a	
10:30a				Swim Lessons 11:30a-12:30p	Swim Lessons 11:30a-12:30p	
11:00a				Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	
11:30a	Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	Swim Lessons 10:00a-12:30p	Swim Lessons 11:30a-12:30p	Swim Lessons 11:30a-12:30p	
12:00p				Lap Swim 12:30p-2:00p	Lap Swim 12:30p-2:00p	Lap Swim 12:30p-2:00p
12:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim 12:30p-2:00p	Lap Swim 12:30p-2:00p	Lap Swim 12:30p-2:00p
1:00p	12:30p-2:00p	12:30p-2:00p	12:30p-2:00p			
1:30p		Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
2:00p	Lap Swim 2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p	2:00p-5:30p
2:30p	(Lane will be utilized by swim team until a member arrives. Please ask Lifeguard or Coach to move over when you arrive)					
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
6:00p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p	5:30p-7:30p
6:30p						
7:00p						
7:30p						

SUNDAY

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						
5:30p						