



POOL PROGRAMS

3/17/2019-3/23/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 3/14/2019

This guide is designed to 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 Hrs	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 Hrs	12:00-5:00p	1:00-8:00p	1:00-8:00p	1:00-8:00p	1:00-8:00p	1:00-8:00p	1:00-7:00p	
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00								
10:30								
11:00			Rocking the Waves 10:00-10:55AM	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM	Lakota Stingrays 7:30-9:30 H2O Fitness to the Max 9:00a-9:50a	
11:30			SilverSplash	Schools Out Camp 10:30-11:30 AM	SilverSplash	11:00a - 11:55a	SilverSplash	Aqua Bootcamp 10:00a-11:00a
12:00			11:30a-12:20p		11:30a-12:20p		11:30a-12:20p	Swim Lessons 9:45a-12:30p
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00	LAKOTA STINGRAYS SWIM TEAM							
4:30	4:00-7:00 PM							
5:00								
5:30								
6:00								
6:30								
7:00		H2O Fitness to the Max 7:00-7:55 PM			Amped Up H2O 7:00-7:55 PM			
7:30								
8:00								
8:30								
9:00								
9:30								
10:00								



LAP & OPEN SWIM SCHEDULE

3/17/2019-3/23/2019

Updated: 3/14/2019

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	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	12:00-5:00p	1:00-8:00p	1:00-8:00p	1:00-8:00p	1:00-8:00p	1:00-8:00p	1:00-7:00p	
6:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
6:30						6:00a-8:00a		
7:00		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a			
7:30								
8:00		LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN		LAP SWIM ONLY
8:30		Swim	Swim	Swim	Swim	Swim		7:30-11:00AM
9:00		8:00-10:30 AM	8:00-10:30 AM	8:00-10:30 AM	8:00-10:30 AM	8:00-10:30 AM		
9:30								
10:00								
10:30								
11:00								
11:30	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
12:00	10:30a-12:30p	10:30a-12:30p	10:30a-12:30p	10:30a-12:30p	10:30a-12:30p	11:00a-1:00p		
12:30	LAP & OPEN SWIM 12:00p-5:30p	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM 1:00-7:00p	
1:00		12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p		
1:30								
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00		LAP & OPEN SWIM 4:00-8:00 PM	LAP & OPEN SWIM 4:00-8:00 PM	LAP & OPEN SWIM 4:00-8:00 PM	LAP & OPEN SWIM 4:00-8:00 PM	LAP & OPEN SWIM 4:00-8:00 PM		
6:30								
7:00								
7:30								
8:00								
8:30		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY		
9:00		8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p		
9:30								
10:00								

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-9:30PM
6:30a						
7:00a						
7:00a						
8:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a				
8:30a						
9:00a						
9:30a						
10:00a						
10:30a	Schools Out Camp	Schools Out Camp	Schools Out Camp	Schools Out Camp		
11:00a	10:30-11:30 AM	10:30-11:30 AM	10:30-11:30 AM	10:30-11:30 AM		
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 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	
5:00p	4:00-7:00PM	4:00-7:00PM	4:00-7:00PM	4:00-7:00PM	4:00-7:00PM	
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	
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 6-8a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00-10:30 AM	Lap Swim 6:00AM-4:00 PM	Lap Swim 6-9:30p
6:30a						
7:00a						
7:00a	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM			
8:00a						
8:30a						
9:00a	Water Aerobics 10:00-10:55AM	Water Aerobics 10:00-10:55AM	Water Aerobics 10:00-10:55AM			
9:30a						
10:00a						
10:30a	Schools Out Camp 10:30a-11:30a	Schools Out Camp 10:30a-11:30a	Schools Out Camp 10:30a-11:30a	Schools Out Camp 10:30a-11:30a		
11:00a						
11:30a						
12:00p	Open Swim 11:30a-4:00p	Open Swim 11:30a-4:00p	Open Swim 11:30a-4:00p	Lap Swim 11:30 AM-4:00 PM		
12:30p						
1:00p						
1:30p	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	
2:00p						
2:30p						
3:00p	H2O Fitness to the MAX (IN BUBBLE WHEN OPEN) 7:00-7:55p	H2O Fitness to the MAX (IN BUBBLE WHEN OPEN) 7:00-7:55p				
3:30p						
4:00p						
4:30p	Lap Swim 7:00-9:30 PM	Lap Swim 7:00-9:30 PM	Lap Swim 7:00-9:30 PM	Lap Swim 7:00-9:30 PM	Lap Swim 7:00-9:30 PM	
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
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 6-8a	Lap Swim 6-8a	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-9:30PM
6:30a						
7:00a						
7:00a						
8:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a				
8:30a						
9:00a						
9:30a						
10:00a	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM		
10:30a						
11:00a						
11:30a	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash (used if more than 20 participants)	
12:00p						
12:30p						
1:00p						
1:30p	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
2:00p						
2:30p						
3:00p						
3:30p	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	
4:00p						
4:30p						
5:00p						
5:15p						
5:45p						
6:00p						
6:15p						
6:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00-10:30 AM	Lap Swim 6:00AM-4:00 PM	Lap Swim 6-9:30p
6:30a						
7:00a						
7:00a	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM			
8:00a						
8:30a						
9:00a	Rocking the Waves 11-11:50a	Rocking the Waves 11-11:50a	Rocking the Waves 11-11:50a			
9:30a						
10:00a						
10:30a	Schools Out Camp 10:30a-11:30a	Schools Out Camp 10:30a-11:30a	Schools Out Camp 10:30a-11:30a	Schools Out Camp 10:30a-11:30a		
11:00a						
11:30a						
12:00p	Open Swim 11:30a-4:00p	Open Swim 11:30a-4:00p	Open Swim 11:30a-4:00p	Lap Swim 11:30 AM-4:00 PM		
12:30p						
1:00p						
1:30p	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00p-9:00p	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	
2:00p						
2:30p						
3:00p	H2O Fitness to the MAX (IN BUBBLE WHEN OPEN) 7:00-7:55p	H2O Fitness to the MAX 7:00-7:55 PM (IN BUBBLE WHEN OPEN)				
3:30p						
4:00p						
4:30p	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	
5:00p						
5:30p						
5:45p	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	
6:00p						
6:15p						
6:30p	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	
6:45p						
7:00p						
7:15p	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	
7:30p						
7:45p						
8:00p	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	
8:15p						
8:30p						
8:45p	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	Lap Swin 7:00-9:30 PM	
9:00p						
9:30p						

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-10:30AM	Lap Swim 6:00AM-9:30PM
6:30a						
7:00a						
7:00a						
8:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a				
8:30a						
9:00a						
9:30a						
10:00a	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM	Schools Out Camp 10:30-11:30 AM		
10:30a						
11:00a						
11:30a	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash 11:35a-12:25p	Silver Sneakers Silver Splash (used if more than 20 participants)	
12:00p						
12:30p						
1:00p						
1:30p	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
2:00p						
2:30p						
3:00p						
3:30p	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	Lakota Stingrays 4:00-7:00PM	
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	Lap Swim 7:00p-9:30p	
7:00p						
7:15p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lakota Stingrays 7:00a-9:00a	Lakota Stingrays 7:00a-9:00a	Lap Swim 8:00a-10:00a	Lap Swim 8:00a-10:00a	Lap Swim 8:00a-10:00a	Lap Swim 8:00a-10:00a
8:00a						
8:30a						
9:00a	H2O	H2O				
9:30a	9-9:50a	9-9:50a				
10:00a	Aqua Bootcamp	Aqua Bootcamp	Aqua Bootcamp	Swim Lessons 9:45a-12:30p	Swim Lessons 9:45a-12:30p	Swim Lessons 9:45a-12:30p
10:30a	10-11a	10-11a	10-11a			
11:00a						
11:30a						
12:00p						
12:30p						
1:00p	OPEN SWIM 1:00-7:00PM	OPEN SWIM 1:00-7:00PM	OPEN SWIM 1:00-7:00PM	Lap Swim 1:00-7:00 PM	Lap Swim 1:00-7:00 PM	Lap Swim 1:00-7:00 PM
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
6:00p						
6:30p						
7:00p						
7:30p						

SUNDAY

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Time	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
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						