



POOL PROGRAMS

8/14/2019 - 8/31/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 7/31/2019

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						
Outdoor Pool Hours	12:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	12:00p-8:00p						
6:00													
6:30													
7:00													
7:30													
8:00													
8:30													
9:00												H2O Fitness to the Max	
9:30													9:00a-9:50a
10:00													
10:30													
11:00													
11:30													
12:00	LAP & OPEN SWIM 12:00p-5:30p												
12:30													
1:00													
1:30													
2:00													
2:30													
3:00													
3:30													
4:00			LAKOTA STINGRAYS SWIM TEAM										
4:30			4:00pm - 8:00pm										
5:00		Starting 8/26											
5:30													
6:00													
6:30													
7:00													
7:30													
8:00													
8:30													
9:00													
9:30													
10:00													



LAP & OPEN SWIM SCHEDULE

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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			
Outdoor Pool Hours	12:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	12:00p-8:00p			
6:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY				
6:30		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a				
7:00										
7:30										
8:00										
8:30										
9:00		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a				
9:30										
10:00										
10:30										
11:00										
11:30										
12:00	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP & OPEN	LAP SWIM ONLY					
12:30	LAP & OPEN	11:30a-1:30p	LAP & OPEN	12:00p-3:30p	LAP & OPEN					
1:00	Swim		Swim		LAP & OPEN SWIM					
1:30	LAP & OPEN SWIM	LAP & OPEN SWIM	12:30p-3:30p	12:30p - 3:30p	Lap Swim					
2:00	12:00p-5:30p	12:30p-3:30p	LAP & OPEN SWIM	12:30p-3:30p		Lap Swim				
2:30			1:30p-3:30p							
3:00			LAP SWIM ONLY				LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
3:30			3:30p-5:00p				3:30p-7:00p	3:30p-5:00p	3:30p-7:00p	
4:00			3:30p-5:00p				3:30p-7:00p	3:30p-5:00p	3:30p-7:00p	
4:30	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM					
5:00										
5:30										
6:00										
6:30										
7:00	5:00p-8:00p	5:00p-8:00p	5:00p-8:00p	5:00p-8:00p	5:00p-8:00p					
7:30										
8:00						Lap Swim ONLY	Open Swim	Lap Swim ONLY	Open Swim	
8:30						8:00p-9:30p	8:00p-8:45p	8:00p-9:30p	8:00p-8:45p	LAP & OPEN SWIM
9:00							Lap & Open Swim		Lap & Open Swim	8:45p-9:30p
9:30	8:00p-9:30p	8:45p-9:30p	8:00p-9:30p	8:45p-9:30p						
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	Lap Swim 6:00a-10:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-3:30p
6:30a						
7:00a						
7:30a						
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 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)	
12:30p						
1:00p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p
4:30p						
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 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-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 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-4:00p	Lap Swim 6:00a-4:00p	Lap Swim 6:00a-4:00p
6:30a						
7:00a						
7:30a	Open Swim 8:00a-4:00p	Open Swim 8:00a-4:00p	Open Swim 8:00a-4:00p			
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p
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	H2O Fitness to the MAX 7:00p-7:50p	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:15p						
7:30p						
7:45p						
8:00p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p
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	Lap Swim 6:00a-10:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-4:00p
6:30a						
7:00a						
7:30a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a				
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
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	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p
4:00p						
4:30p						
5:00p						
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p				
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 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-4:00p	Lap Swim 6:00a-4:00p	Lap Swim 6:00a-4:00p
6:30a						
7:00a						
7:30a						
8:00a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a			
8:30a						
9:00a						
9:30a	Rocking the Waves 10:00a-11:00a	Rocking the Waves 10:00a-11:00a	Rocking the Waves 10:00a-11:00a			
10:00a						
10:30a						
11:00a	Open Swim 11:00a-4:00p	Open Swim 11:00a-4:00p	Open Swim 11:00a-4:00p			
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p	Lakota Stingrays 4:00p-8:00p
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	Lap Swim	Lap Swim	Lap Swim
8:15p			Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30p			Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:45p			Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00p			Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p			Lap Swim	Lap Swim	Lap Swim	Lap Swim

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	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)	
12:00p						
12:30p	11:35a-12:25p OPEN SWIM	11:35a-12:25p OPEN SWIM	11:35a-12:25p OPEN SWIM	11:35a-12:25p Lap Swim	Lap Swim	
1:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
4:30p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p	OPEN SWIM 8:00p - 9:30p	OPEN SWIM 8:00p - 9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-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	Lap Swim	Lap Swim	Lap Swim	Lap Swim 8:00a-7:30p	Lap Swim 8:00a-7:30p	Lap Swim 8:00a-7:30p			
8:00a	8:00a-9:00a	8:00a-9:00a	8:00a-9:00a						
8:30a	Water Aerboics	Water Aerboics	Water Aerboics						
9:00a	9:00a-10:00a	9:00a-10:00a	9:00a-10:00a						
9:30a	Water Aerboics	Water Aerboics	Water Aerboics						
10:00a	10:00a-11:00a	10:00a-11:00a	10:00a-11:00a						
10:30a	OPEN SWIM	OPEN SWIM	OPEN SWIM						
11:00a									
11:30a									
12:00p									
12:30p									
1:00p									
1:30p									
2:00p							11:00a-7:30p	11:00a-7:30p	11:00a-7:30p
2:30p									
3:00p									
3:30p									
4:00p									
4:30p									
5:00p									
5:30p									
6:00p									
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						