



POOL PROGRAMS

2/3/2019-2/9/2019

Updated: 2/1/2018

FOR YOUTH DEVELOPMENT®
 FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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 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	Closed	Closed	Closed	Closed	Closed	Closed	Closed		
6:00		Stingrays Swim Team		Stingrays Swim Team					
6:30		5:30a-6:30a		5:30a-6:30a					
7:00									
7:30									
8:00									
8:30									
9:00									
9:30								Swim Lessons	
10:00								9:30-11:30a	
10:30									
11:00									Swim Lessons
11:30									9:45a-12:30p
12:00			Swim Lessons						
12:30									
1:00			10:30a-1:30p						
1:30									
2:00						LAKOTA STINGRAYS SWIM TEAM			
2:30			LAKOTA EAST/WEST SWIM TEAM				2:00P-5:30p		
3:00			(5 Lanes)						
3:30			3:00pm - 5:00pm						
4:00			LAKOTA STINGRAYS SWIM TEAM						
4:30			4:30pm - 9:00pm						
5:00		Swim Lessons							
5:30		5:30-8:15							
6:00				Swim Lessons					
6:30									
7:00				6:00-7:30					
7:30									
8:00									
8:30									
9:00									
9:30									
10:00									



LAP & OPEN SWIM SCHEDULE

2/3/2019-2/9/2019

Updated: 2/1/2018

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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	Closed	Closed	Closed	Closed	Closed	Closed	Closed				
6:00	Closed	LAP SWIM ONLY	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		LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP SWIM ONLY 7:30a-12:30p				
8:30		8:00a-3:00p	8:00a-3:00p	8:00a-3:00p	8:00a-3:00p	8:00a-3:00p					
9:00											
9:30											
10:00											
10:30											
11:00		LAP & OPEN SWIM 12:00p-5:30p	LAP & OPEN SWIM ONLY	LAP & OPEN SWIM ONLY	LAP & OPEN SWIM ONLY	LAP & OPEN SWIM ONLY	LAP & OPEN SWIM ONLY	Lap & Open Swim 12:30p-2:00p			
11:30											
12:00											
12:30											
1:00											
1:30											
2:00											
2:30											
3:00											
3:30											
4:00	NO LAP OR OPEN SWIM							NO LAP OR OPEN SWIM	NO LAP OR OPEN SWIM	NO LAP OR OPEN SWIM	NO LAP OR OPEN SWIM
4:30											
5:00											
5:30											
6:00											
6:30											
7:00		LAP SWIM ONLY 6:45p-7:15p (1 Lane)	LAP SWIM ONLY 6:45p-7:15p (1 Lane)	LAP SWIM ONLY 6:45p-7:15p (1 Lane)	LAP SWIM ONLY 6:45p-7:15p (1 Lane)	LAP SWIM ONLY 6:45p-7:15p (1 Lane)					
7:30											
8:00		NO LAP OR OPEN SWIM 7:15-8:30	NO LAP OR OPEN SWIM 7:15-8:30	NO LAP OR OPEN SWIM 7:15-8:30	NO LAP OR OPEN SWIM 7:15-8:30	NO LAP OR OPEN SWIM 7:15-8:30					
8:30											
9:00		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY				
9:30	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p						
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 6-8a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a				Lap Swim 7a-3p	Lap Swim 7a-3p	Lap Swim 7a-3p
7:00a	Open Swim 8:00a-3:00p	Open Swim 8:00a-3:00p	Open Swim 8:00a-3:00p	Lap Swim 7a-3p	Lap Swim 7a-3p	Lap Swim 7a-3p
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	Lakota HS 3-5PM					
3:30p						
4:00p						
4:30p						
5:00p						
5:15p						
5:45p	SWIM LESSONS 5:30p-8:15p	SWIM LESSONS 5:30p-8:15p	Lakota Stingrays 4:30-9:00PM	Lakota Stingrays 4:30-9:00PM	Lakota Stingrays 4:30-9:00PM	Lakota Stingrays 4:30-9:00PM
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						
9:30p						

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8AM	Lap Swim 6-8AM	Lap Swim 6-8AM	Lap Swim 6AM-3PM	Lap Swim 6AM-3PM	Lap Swim 6AM-3PM
6:30a						
7:00a						
7:00a						
8:00a	Open Swim 8:00a-10:30a	Open Swim 8:00a-10:30a	Open Swim 8:00a-10:30a			
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p			
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						
2:30p						
3:00p	Lap Swim 3:00p-4:30p	Lakota East/West 3:00p-5:00p	Lakota East/West 3:00p-5:00p			
3:30p						
4:00p						
4:30p						
5:00p	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
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 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
9:30p						

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 6-8a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a
7:00a				Lap Swim 7a-3p	Lap Swim 7a-3p	Lap Swim 7a-3p
7:00a						
8:00a						
8:30a	Open Swim	Open Swim	Open Swim			
9:00a	8:00AM-3:00PM	8:00AM-3:00PM	8:00AM-3:00PM			
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p	Lap Swim 3:00p-4:00p	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	Lakota East/West 3:00p-5:00p
3:30p						
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
5:15p						
5:45p						
6:00p	SWIM LESSONS	SWIM LESSONS				
6:15p	6:00-7:30PM	6:00-7:30PM				
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p	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	Lap Swim 9:00p-9:30p
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 6-8AM	Lap Swim 6-8AM	Lap Swim 6-8AM	Lap Swim 6AM-3PM	Lap Swim 6AM-3PM	Lap Swim 6AM-3PM
6:30a						
7:00a						
8:00a	Open Swim 8:00-9:30AM	Open Swim 8:00-9:30AM	Open Swim 8:00-9:30AM			
8:30a						
9:00a						
9:30a	SWIM LESSONS 9:30a-12p	SWIM LESSONS 9:30a-12p	SWIM LESSONS 9:30a-12p			
10:00a						
10:30a						
11:00a	Open Swim 12p-3:00p	Open Swim 12p-3:00p	Open Swim 12p-3:00p			
11:30a						
12:00p						
12:30p	Lap Swim 3:00p-4:00p	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	Lakota East/West 3:00p-5:00p
1:00p						
1:30p						
2:00p	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
2:30p						
3:00p						
3:30p	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	Lap Swim 9:00p-9:30p
4:00p						
4:30p						
5:00p	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	Lap Swim 9:00p-9:30p
5:30p						
5:45p						
6:00p	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	Lap Swim 9:00p-9:30p
6:15p						
6:30p						
6:45p	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	Lap Swim 9:00p-9:30p
7:00p						
7:15p						
7:30p	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	Lap Swim 9:00p-9:30p
7:45p						
8:00p						
8:15p	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	Lap Swim 9:00p-9:30p
8:30p						
8:45p						
9:00p	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	Lap Swim 9:00p-9:30p
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 6:00AM-3PM	Lap Swim 6:00AM-3PM	Lap Swim 6:00AM-3PM						
6:30a												
7:00a												
7:00a	OPEN SWIM 8:00AM-3:00PM	OPEN SWIM 8:00AM-3:00PM	OPEN SWIM 8:00AM-3:00PM									
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	Lap Swim 3:00p-4:00p	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	Lakota East/West 3:00p-5:00p						
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												
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												

SATURDAY

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

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