



POOL PROGRAMS

1/7/2019-1/28/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 12/19/2018

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 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	12:00p-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		Rocking the Waves		Swim Lessons	
11:30		SilverSplash	11:00a - 11:55a	SilverSplash	11:00a - 11:55a	SilverSplash	9:00a-12:30p	
12:00		11:30a-12:20p	Swim Lessons	11:30a-12:20p		11:30a-12:20p		
12:30								
1:00			10:30a-1:30p					
1:30								
2:00							LAKOTA STINGRAYS SWIM TEAM	
2:30		LAKOTA EAST/WEST SWIM TEAM						
3:00		HOME MEET 1/7 & 1/14 & 1/23 POOL CLOSED 3-7PM						
3:30		3:00pm - 5:00pm						2:00Pp-5:30p
4:00		LAKOTA STINGRAYS SWIM TEAM						
4:30								
5:00								
5:30		Swim Lessons		Swim Lessons				
6:00		5:15p-8:00p		5:15p-8:00p				
6:30		(Moved to Bubble when possible)		(Moved to Bubble when possible)				
7:00			H2O Fitness to the Max		Amped Up H2O			
7:30			(Moved to Bubble when possible)		(Moved to Bubble when possible)			
8:00			7:00p-7:50p		7:00p-7:50p			
8:30								
9:00								
9:30								
10:00								



LAP & OPEN SWIM SCHEDULE

1/7/2019-1/28/2019

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

Updated: 12/19/2018

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		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 Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim	LAP & OPEN Swim		LAP SWIM ONLY
8:30								7:30a-12:30p
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		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
12:00	LAP & OPEN SWIM 12:00p-5:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30p-12:30p		
12:30							Lap & Open Swim	
1:00		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	12:30p-2:00p	
1:30		12:30p - 3:00p	12:30p - 3:00p	12:30p - 3:00p	12:30p - 3:00p	12:30p - 3:00p	LAP SWIM ONLY	
2:00							2:00p-5:30p	
2:30								
3:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
3:30		3:30p-5:00p (Lap Swim Available in Bubble when open)	3:30p-7:00p (Lap Swim Available in Bubble when open)	3:30p-5:00p (Lap Swim Available in Bubble when open)	3:30p-7:00p (Lap Swim Available in Bubble when open)	3:00p-8:30p (Lap Swim Available in Bubble when open)		
4:00								
4:30								
5:00			NO OPEN SWIM		NO OPEN SWIM		NO OPEN SWIM	
5:30						Lap & Open Swim		
6:00		5:00p-8:30p		5:00p-8:30p		5:00p-8:30p		
6:30			NO LAP SWIM		NO LAP SWIM			
7:00			NO OPEN SWIM		NO OPEN SWIM			
7:30			6:00-8:30p		6:00-8:30p			
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 6-11:30a	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays						
6:30a				5:30a-6:45a	5:30a-6:45a	5:30a-6:45a						
7:00a				Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 7-11:30a	Lap Swim 7-11:30a	Lap Swim 7a-3p				
7:00a	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												
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	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												
2:30p												
3:00p	POOL CLOSED 3-7P 1/7 & 1/14 FOR LHS SWIM MEET											
3:30p												
4:00p												
4:30p												
5:00p												
5:15p							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)				
5:45p												
6:00p												
6:15p												
6:30p												
6:45p												
7:00p	Lakota Stingrays 7-9p	Lakota Stingrays 7-9p	Lakota Stingrays 7-9p	Lakota Stingrays 7-9p	Lakota Stingrays 7-9p							
7:15p												
7:30p												
7:45p	Lap Swim 8:00p-9:30p											
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 6-8a	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		Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7-8a	Lap Swim 7a-3p	Lap Swim 7a-3p
7:00a		Open Swim 8:00a-10:30a	Open Swim 8:00a-10:30a	Open Swim 8:00a-10:30a		
7:00a						
8:00a						
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-4:00p (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
3:30p						
4:00p						
4:30p	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
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						
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
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 6-11:30a	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	Lap Swim			
7:00a				Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	Lap Swim 7-11:30a	Lap Swim 7-11:30a	Lap Swim 7a-3p		
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										
3:00p	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				
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										
5:15p										
5:45p										
6:00p										
6:15p										
6:30p										
6:45p										
7:00p										
7:15p	SWIM LESSONS 5:15p-8:00p (In Bubble)	SWIM LESSONS 5:15p-8:00p (In Bubble)	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p				
7:30p										
7:45p										
8:00p	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				
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		Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
6:30a		5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a	5:30a - 6:45a
7:00a	Lap Swim	Lap Swim	Lap Swim			
7:00a	7-8a	7-8a	7-8a	Lap Swim	Lap Swim	Lap Swim
8:00a				7-9:30a	7-9:30a	7-9:30a
8:30a	Open Swim	Open Swim	Open Swim			
9:00a	8:00a-11:00a	8:00a-11:00a	8:00a-11:00a			
9:30a						
10:00a						
10:30a				SWIM LESSONS	SWIM LESSONS	SWIM LESSONS
11:00a				9:30a-12p	9:30a-12p	9:30a-12p
11:30a	Rocking the Waves	Rocking the Waves	Rocking the Waves			
12:00p	11-11:50a	11-11:50a	11-11:50a			
12:30p						
1:00p	Open Swim	Open Swim	Open Swim			
1:30p	12p-3:00p	12p-3:00p	12p-3:00p			
2:00p						
2:30p						
3:00p	Lap Swim	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West	Lakota East/West
3:30p	3:00p-4:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p	3:00p-5:00p
4:00p	(Lane available in BUBBLE after 4p)					
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	H2O Fitness	H2O Fitness				
7:15p	to the	to the				
7:30p	MAX	MAX				
7:45p	7:00p-7:50p (In Bubble when Bubble is open)	7:00p-7:50p (In Bubble when Bubble is open)				
8:00p	Lap Swim					
8:15p	8:00p-9:30p					
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

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						
7:00a	OPEN SWIM 8:00a-11:30a	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	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
3:00p						
3:30p						
4:00p	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
4:30p						
5:00p						
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						
8:45p						
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	

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-9:00a	8:00a-9:00a	8:00a-10:00a	8:00a-9:00a	8:00a-9:00a	8a-2p
8:30a						
9:00a	H2O	H2O		Swim Lessons	Swim Lessons	
9:30a	9-9:50a	9-9:50a		9-10a	9-10a	
10:00a	Aqua Bootcamp	Aqua Bootcamp	Swim Lessons	Swim Lessons	Swim Lessons	
10:30a	10-11a	10-11a	10a-12:30p	10a-12:30p	10a-12:30p	
11:00a	Swim Lessons	Swim Lessons				
11:30a	11a-12:30p	11a-12:30p				
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	12:30-2:00p			
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						
5:30p						