

AQUATICS

Fitness Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30			Adult Only		Adult Only			5:30
6:00		Adult Only		Adult Only	Adult Only	Adult Only		6:00
6:30		Swim	HYDRO-FIT 6:15-7:15	Swim	HYDRO-FIT 6:15-7:15	Swim		6:30
7:00		5:00-8:30		5:00-8:30		5:00-8:30	Adult Only	7:00
7:30			Adult Only Swim 7:15-9:00		Adult Only Swim		Swim	7:30
8:00	Adult Only			Water Works 8:30-9:30		Water Works 8:30-9:30	7:00-9:00	8:00
8:30	Swim	Water Works 8:30-9:30			7:15-10:00			8:30
9:00			Swim Lessons 9:00-10:30	Adult Only			Swim Lessons 9:00-12:00	9:00
9:30	7:00-12:00	Adult Only			Parent-Tot Swim 10:00-10:30		Parent-Tot Swim 10:00-10:30	9:30
10:00		Swim						10:00
10:30				Aqua Ther-ex 11:00-12:00	Aqua Ther-ex 11:00-12:00			10:30
11:00		Aqua Ther-ex 11:00-12:00						11:00
11:30						Adult Only		11:30
12:00		Adult Only	Adult Only	Adult Only	Adult Only	Swim		12:00
12:30		Swim	Swim	Swim	Swim		Lifeguard	12:30
1:00	Lifeguard						Swim	1:00
1:30	Swim							1:30
2:00							12:00-5:00	2:00
2:30	12:00-5:00							2:30
3:00								3:00
3:30	Lifeguard on duty	Swim Lessons 3:00-5:30	Swim Lessons 3:00-6:30	Swim Lessons 3:00-5:30	Swim Lessons 3:00-6:30	Swim Lessons 3:00-5:30	Lifeguard on duty	3:30
4:00								4:00
4:30								4:30
5:00	Family Swim						Family Swim	5:00
5:30	5:00-7:00	HYDRO-FIT 5:30-6:30		HYDRO-FIT 5:30-6:30		Lifeguard	5:00-7:00	5:30
6:00	NO LIFEGUARD					Swim 5:30-8:00	NO LIFEGUARD	6:00
6:30		Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8:00			6:30
7:00		NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	Lifeguard on duty	Adult Only Swim	7:00
7:30	Adult Only Swim							7:30
8:00		Moonlight Swim Adults Only 8-9	Adult Only Swim 8:00-9:00	Moonlight Swim Adults Only 8-9	Adult Only Swim 8:00-9:00	Moonlight Swim Adults Only 8-9		8:00
8:30								8:30

Family Swim

Open to all ages. Children under 14 years must be accompanied by an adult. No lifeguard is on duty.

Lifeguard Swim

Open to all ages. Children 7 years and older who pass the swim test may swim without a parent present. Though parents must remain in the Club. Children under 7 years and nonswimmers must be accompanied by an adult. Lifeguard on Duty.

Parent-Tot Swim

Parents and children **6 months to 3 years** will work with an instructor to increase their child's comfort in the water. Classes will help prepare children for swim lessons with an introduction to making bubbles, holding their breath, kicking and floating.

Water Fitness Classes

Descriptions of water fitness classes are available on the group exercise handout. The pool is reserved exclusively for class participants during these times.

Children's Spa Usage

Children must be potty trained to use the spa. Children under 14 are permitted in the spa with a parent during Family Swim, Lifeguard Swim or for 5 minutes following lessons. Children must have a parent within arms reach and may not go unsupervised in the spa. Spa time is limited to 5 minutes and children must sit quietly. No toys are permitted.

Fitness Pool Temperature: 87°F



Lap Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30			F.A.S.T. DAC 5:15-6:45 (4 lanes)		F.A.S.T. DAC 5:15-6:45 (4 lanes)			5:30
6:00								6:00
6:30								6:30
7:00							Adult Only Lap Swim	7:00
7:30								7:30
8:00	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	F.A.S.T. DAC 8:00-9:30 (4 lanes)	8:00
8:30								8:30
9:00	7:00-12:00	5:00-12:00	6:45-3:00	5:00-12:00	6:45-3:00	5:00-12:00		9:00
9:30								9:30
10:00							Adult Only Lap Swim	10:00
10:30								10:30
11:00							9:30-12:00	11:00
11:30								11:30
12:00		F.A.S.T. DAC 12:00-1:00 (4lanes)		F.A.S.T. DAC 12:00-1:00 (4 lanes)		F.A.S.T. DAC 12:00-1:00 (4 lanes)		12:00
12:30	Family Lap Swim						Family Lap Swim	12:30
1:00								1:00
1:30		Adult Only Lap Swim		Adult Only Lap Swim		Adult Only Lap Swim		1:30
2:00	12:00-7:00 (2 lanes)						12:00-7:00 (2 lanes)	2:00
2:30								2:30
3:00								3:00
3:30	Parents must supervise their children (ages 5- 13) in the lap pool.	Youth Swim Team (3 lanes) 3:45-5:00	Youth Swim Team (3 lanes) 3:45-5:00	Youth Swim Team (3 lanes) 3:45-5:00	Youth Swim Team (3 lanes) 3:45-5:00		Parents must supervise their children (ages 5- 13) in the lap pool.	3:30
4:00								4:00
4:30								4:30
5:00		Adult Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim		5:00
5:30		Swim Conditioning 5:45-6:45	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30		5:30
6:00								6:00
6:30	NO LIFEGUARD	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	NO LIFEGUARD	6:30
7:00	Adult Lap Swim	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	Adult Lap Swim	7:00
7:30								7:30
8:00		Moonlight Swim Adults Only 8-9	Lap Swim Adults Only 8-9	Moonlight Swim Adults Only 8-9	Lap Swim Adults Only 8-9	Moonlight Swim Adults Only 8-9		8:00
8:30								8:30

F.A.S.T. DAC

Coached workouts designed to improve all aspects of conditioning and stroke technique for lap swimmers, triathletes and competitive swimmers. All four lanes will offer different speeds and intervals. Pace work, threshold training and stroke work are regularly utilized. Team travels to competitions for open water and pool races.

Swim Conditioning

Drop-in class for swimmers wanting to improve their technique and get more out of lap swimming. The class involves drills with lots of feedback on technique and swim stroke mechanics. The last half of class includes a coached workout.

Adult Only Lap Swim

Available to members 14 years and older. During busy times, lap swimmers must circle swim to accommodate 3 or more swimmers per lane.

Family Lap Swim

Two lanes of the lap pool are available for children 5-13 years old wanting to lap swim with parental supervision. This space is intended for lap swimming only. No life-guard is on duty.

Swim Lesson and Swim Team

Two lanes of the lap pool may be used Monday through Friday between 3 - 5:30 p.m. for youth swim instruction.

Lap Pool Temperature: 81.5°F

