



Pool Schedule Winter/Spring 2018

January 7 - May 26 (Schedule Subject to Change)

	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
MONDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 8:30 pm	Open 3:00 pm - 8:00 pm	Deep End Only 6:00 - 7:00pm	Pre-Season ** Stroke Clinic ** 4:00 - 5:00 pm (April 2nd - May 21st)
	Adult Only 8:00 - 11:15 am	Low Impact 9:00 - 10:00 am		Closed 8:00 - 8:30 pm		Adult Swim Lessons 7:15 - 8:00 pm
	Open Swim 11:15 am - 8:30 pm	2 Lanes Available 10:00 am - 2:00 pm				
		Open Swim 2:00 - 4:00 pm				
	2 Lanes (1 Lane**) 4:00 - 6:00 pm					
	H2O Aerobics 6:00 - 7:00 pm					
	1 Lane Available 7:00 - 8:30 pm					
TUESDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 3:50 pm	Open 3:00 - 3:50 pm		Masters Swim 12:00 - 1:00 pm
	Adult Only 8:00 - 10:00 am	Low Impact 9:00 - 10:00 am	Closed 3:50 - 6:30 pm	Closed 3:50 - 6:30 pm		Swim Lessons 4:00 - 6:30 pm
	Hydro Pump 10:00 - 10:30 am	Deep Water 9:30 - 10:00 am	Open Swim 6:30 - 8:30 pm	Open 6:30 - 8:00 pm		
	Adult Only 10:30 - 11:15 am	2 Lanes Available 10:00 am - 12:00 pm		Closed 8:00 - 8:30 pm		
	Open Swim 11:15 am - 3:50 pm	Master Swim Only 12:00 - 1:00 pm				
	Closed 3:50 - 6:00 pm	2 Lanes Available 1:00 pm - 2:00pm				
	Hydro Pump 6:00 - 7:00 pm	Open Swim 2:00 - 3:50 pm				
	Open Swim 7:00 - 8:30 pm	Closed 3:50 - 6:30 pm				
		2 Lanes Available 6:30 - 8:30 pm				
WEDNESDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 8:30 pm	Open 3:00 - 8:00 pm	Deep End Only 6:00 - 7:00pm	Teen Swim Lessons 7:00 - 8:00 pm
	Adult Only 8:00 - 11:15 am	Low Impact 9:00 - 10:00 am		Closed 8:00 - 8:30 pm		
	Open Swim 11:15 am - 8:30 pm	2 Lanes Available 10:00 am - 2:00 pm				
		Open Swim 2:00 - 4:00 pm				
		2 Lanes Available 4:00 - 6:00 pm				
		H2O Aerobics 6:00 - 7:00 pm				
	2 Lanes Available 7:00 - 8:30 pm					
THURSDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 3:50 pm	Open 3:00 - 3:50 pm		Masters Swim 12:00 - 1:00 pm
	Adult Only 8:00 - 10:00 am	Low Impact 9:00 - 10:00 am	Closed 3:50 - 6:30 pm	Closed 3:50 - 6:30 pm		Swim Lessons 4:00 - 6:30 pm
	Hydro Pump 10:00 - 10:30 am	Deep Water 9:30 - 10:00 am	Open Swim 6:30 - 8:30 pm	Open 6:30 - 8:00 pm		
	Adult Only 10:30 - 11:15 am	2 Lanes Available 10:00 am - 12:00 pm		Closed 8:00 - 8:30 pm		
	Open Swim 11:15 am - 3:50 pm	Master Swim Only 12:00 - 1:00 pm				
	Closed 3:50 - 6:00 pm	2 Lanes Available 1:00 - 2:00 pm				
	Hydro Pump 6:00 - 6:30 pm	Open Swim 2:00 - 3:50 pm				
	Open Swim 6:30 - 8:30 pm	Closed 3:50 - 6:30 pm				
		Deep Water 6:30 - 7:00 pm				
	2 Lanes Available 7:00 - 8:30 pm					
FRIDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 3:30 pm	Swim Lessons 9:00 - 11:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open swim 11:15 am - 6:30 pm	Open 3:00 - 6:00 pm	Open 3:30 - 4:00 pm	
	Adult Only 8:00 - 11:15 am	Low Impact 9:00 - 10:00 am		Closed 6:00 - 6:30 pm	Closed 4:00 - 6:30 pm	
	Open Swim 11:15 am - 6:30 pm	2 Lanes Available 10:00 am - 2:00 pm				
		Open Swim 2:00 - 4:00 pm				
	2 Lanes Available 4:00 - 6:30 pm					
SAT.	Adult Only 7:00 - 8:00 am	Master Swim Only 7:05 - 8:05 am	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 1:00 pm	Masters Swim 7:05 - 8:05 am
	Hydro Pump 8:00 - 9:00 am	2 Lanes Available 8:05 - 9:00 am	Open Swim 12:00 - 6:30 pm	Open 12:00 - 6:00 pm	Open 1:00 - 4:00 pm	Swim Lessons 9:00 am - 12:00 pm
	Closed 9:00 am - 12:00 pm	Closed 9:00 am - 12:05 pm		Closed 6:00 - 6:30 pm	Closed 3:00 - 6:30 pm	
	Open Swim 12:00 - 6:30 pm	3 Lanes Available 12:05 - 1:00 pm				
		Open Swim 1:00 - 6:30 pm				
SUN.	Adult Only 8:00 - 10:00 am	2 Lanes Available 8:00 am - 12:00 pm	Closed 8:00 - 10:00 am	Closed 8:00 - 10:00 am	Closed 8:00 am - 12:00 pm	
	Open Swim 10:00 am - 5:30 pm	Open Swim 12:00 pm - 5:30 pm	Open 10:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 12:00 - 3:00 pm	
					Closed 3:00 - 5:30 pm	

Swim Lesson Selection Guide

Which lesson would be appropriate for my child?



6 Months – 3 Years
Parent & Child 1 - 2

*Parent Child 1 is recommended for children 6 - 24 months
**Parent Child 2 is recommended for children 18 months - 3 years



3 - 5 Years
Preschool Level 1 - 3



6 - 12 years
Levels 1 - 5 & Stroke Clinic

Which Level Should I Enroll My Child?

Child Age 6 Months – 3 Years

Is your child comfortable being in and around water?

Not Yet **Parent Child - Level 1**

Is your child comfortable entering and exiting the water?

Not Yet **Parent Child - Level 2**

Child Age 3 - 5 years

Can the student put their face in the water and blow bubbles?

Not Yet **Preschool - Level 1**

Can the student float on their back for 15 seconds and recover to their front?

Not Yet **Preschool - Level 2**

Can the student swim independently to the instructor and turn over onto their back?

Not Yet **Preschool - Level 3**

Can your student swim 15 yards rolling from front to back without assistance?

Not Yet **Preschool - Level 3+**

Child Age 6 - 12 years

Can the student enter and exit the water and swim 5 yards independently with their face in the water?

Not Yet **Level 1**

Can the student swim using combined arm and leg motion and recover to a back float independently?

Not Yet **Level 2**

Can the student swim 15 yards on their front and back with side breathing?

Not Yet **Level 3**

Can the student swim 25 yards front and back crawl and 15 yards breaststroke?

Not Yet **Level 4**

Can the student use a dive entry and swim 25 yards front crawl, back crawl, breaststroke, and butterfly?

Not Yet **Level 5**

Can the student swim all four competitive strokes effectively?

Not Yet **Stroke Clinic**

MONDAY / WEDNESDAY AM

Session 1	Jan 8 - Jan 31 (no class 1/15)	4 weeks	R \$40 / NR \$48
Session 2	Feb 5 - Feb 28 (no class 2/19)	4 weeks	R \$40 / NR \$48
Session 3	Mar 5 - Mar 21	3 weeks	R \$34 / NR \$41
Session 4	Apr 2 - Apr 25	4 weeks	R \$45 / NR \$55
Session 5	Apr 30 - May 16	3 weeks	R \$34 / NR \$41

TUESDAY / THURSDAY AM

Session 1	Jan 9 - Feb 1	4 weeks	R \$45 / NR \$55
Session 2	Feb 6 - Mar 1	4 weeks	R \$45 / NR \$55
Session 3	Mar 6 - Mar 22	3 weeks	R \$34 / NR \$41
Session 4	Apr 3 - Apr 26	4 weeks	R \$45 / NR \$55
Session 5	May 1 - May 17	3 weeks	R \$34 / NR \$41

TUESDAY / THURSDAY PM

Session 1	Jan 9 - Feb 1	4 weeks	R \$45 / NR \$55
Session 2	Feb 6 - Mar 1	4 weeks	R \$45 / NR \$55
Session 3	Mar 6 - Mar 22	3 weeks	R \$34 / NR \$41
Session 4	Apr 3 - Apr 26	4 weeks	R \$45 / NR \$55
Session 5	May 1 - May 17	3 weeks	R \$34 / NR \$41

SATURDAY AM

Session 1	Jan 6 - Feb 3	5 weeks	R \$28 / NR \$34
Session 2	Feb 10 - Mar 10	5 weeks	R \$28 / NR \$34
Session 3	Mar 17 - Apr 14 (No Class 3/31)	5 weeks	R \$28 / NR \$34
Session 4	Apr 21 - May 19	5 weeks	R \$28 / NR \$34

GROUP SWIM LESSON DATES & REGISTRATION WINDOWS:

WEEKDAY SESSIONS

Session Dates:	Registration Opens:		Registration will close at 12:00 p.m. on:
	Resident	Non-Resident	
SESSION 1	Dec 4	Dec 11	Jan 5
SESSION 2	Jan 26	Jan 29	Feb 2
SESSION 3	Feb 26	Mar 1	Mar 2
SESSION 4	Mar 23	Mar 26	Mar 30
SESSION 5	Apr 21	Apr 24	Apr 27

WEEKEND SESSIONS

Session Dates:	Registration Opens:		Registration will close at 12:00 p.m. on:
	Resident	Non-Resident	
SESSION 1	Dec 4	Dec 11	Jan 3
SESSION 2	Feb 1	Feb 4	Feb 7
SESSION 3	Mar 1	Mar 4	Mar 7
SESSION 4	Apr 11	Apr 14	Apr 18