



Pool Schedule

January 5 - May 23, 2020

Schedule is subject to change

	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
MONDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	Open 3:00 - 8:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 8:30 p.m.	CLOSED 8:00 - 8:30 p.m.		Pre-Season "Stroke Clinic"
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.				4:00 - 5:00 p.m. (March 30th - May 18th)
	Open Swim 11:15 a.m. - 8:30 p.m.	2 Lanes Available (*1 Lane) 10:00 a.m. - 6:00 p.m.				Adult Swim Lessons 7:00 - 8:00 p.m.
	H2o Aerobics 6:00 - 7:00 p.m.	1 Lane Available 7:00 - 8:30 p.m.				
TUESDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Swim Lessons 4:00 - 6:30 p.m.
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		Vista Ridge Rip Tide Swim Team 6:00 - 9:00 p.m.
	Open Swim 11:15 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 3:50 p.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	CLOSED 3:50 - 6:00 p.m.	ALL LANES CLOSED Swim Lessons 4:00 - 6:00 p.m.		CLOSED 8:00 - 8:30 p.m.		
	Hydro Pump 6:00 - 7:00 p.m.	ALL LANES CLOSED 6:00 - 9:00 p.m.				
	Open Swim 7:00 - 8:30 p.m.	** Pool and hot tub will close at 8:30 p.m. swim team will stay until 9:00 p.m. **				
WEDNESDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 8:30 p.m.	Open 3:00 - 8:00 p.m.		Teen Swim Lessons 7:00 - 8:00 p.m.
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.		CLOSED 8:00 - 8:30 p.m.		
	Open Swim 11:15 a.m. - 8:30 p.m.	2 Lanes Available 10:00 a.m. - 6:00 p.m.				
	H2o Aerobics 6:00 - 7:00 p.m.	1 Lane Available 7:00 - 8:30 p.m.				
THURSDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Swim Lessons 4:00 - 6:30 p.m.
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		Vista Ridge Rip Tide Swim Team 6:00 - 9:00 p.m.
	Open Swim 11:15 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 3:50 p.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Closed 3:50 - 6:00 p.m.	ALL LANES CLOSED Swim Lessons 4:00 - 6:00 p.m.		CLOSED 8:00 - 8:30 p.m.		
	Hydro Pump 6:00 - 7:00 p.m.	ALL LANES CLOSED 6:00 - 9:00 p.m.				
Open Swim 7:00 - 8:30 p.m.	** Pool and hot tub will close at 8:30 p.m. swim team will stay until 9:00 p.m. **					
FRIDAY	Adult Only 5:00 - 7:00 a.m.	3 Lanes Available 5:00 - 8:00 a.m.	CLOSED 5:00 - 11:15 a.m.	CLOSED 5:00 a.m. - 3:00 p.m.	CLOSED 5:00 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 11:15 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:15 a.m. - 6:30 p.m.	Open 3:00 - 6:00 p.m.		Vista Ridge Rip Tide Swim Team 4:00 - 7:00 p.m.
	Adult Only 8:00 - 11:15 a.m.	Low Impact 9:00 - 10:00 a.m.		CLOSED 6:00 - 6:30 p.m.		
	Open Swim 11:15 a.m. - 6:30 p.m.	2 Lanes Available 10:00 a.m. - 4:00 p.m.				
	ALL LANES CLOSED* 4:00 - 7:00 p.m.					
	** Pool and hot tub will close at 6:30 p.m. swim team will stay until 7:00 p.m. **					
SAT.	Adult Only 7:00 - 8:00 a.m.	2 Lanes Available 7:00 - 9:00 a.m.	CLOSED 7:00 a.m. - 12:00 p.m.	CLOSED 7:00 a.m. - 12:00 p.m.	CLOSED 7:00 a.m. - 1:00 p.m.	Swim Lessons 9:00 - 11:30 a.m.
	Hydro Pump 8:00 - 9:00 a.m.	CLOSED 9:00 - 11:30 a.m.	Open Swim 12:00 - 6:30 p.m.	Open 12:00 - 6:00 p.m.	Open 1:00 - 4:00 p.m.	
	CLOSED 9:00 a.m. - 12:00 p.m.	3 Lanes Available 11:30 a.m. - 1:00 p.m.		CLOSED 6:00 - 6:30 p.m.	CLOSED 4:00 - 6:30 p.m.	
	Open Swim 12:00 - 6:30 p.m.	Open Swim 1:00 - 6:30 p.m.				
SUN.	Adult Only 8:00 - 10:00 a.m.	2 Lanes Available 8:00 a.m. - 12:00 p.m.	CLOSED 8:00 - 10:00 a.m.	CLOSED 8:00 - 10:00 a.m.	CLOSED 8:00 a.m. - 12:00 p.m.	
	Open Swim 10:00 a.m. - 5:30 p.m.	Open Swim 12:00 - 5:30 p.m.	Open 10:00 a.m. - 5:30 p.m.	Open 10:00 a.m. - 5:00 p.m.	Open 12:00 - 3:00 p.m.	
				CLOSED 5:00 - 5:30 p.m.	CLOSED 3:00 - 5:30 p.m.	

Swim Lesson Selection Guide

WHICH LESSON WOULD BE APPROPRIATE FOR MY CHILD?



6 Months–3 Years
Parent & Child 1–2

Recommended: Parent Child 1 for children 6 - 24mos
Parent Child 2 for children 18mos - 3yrs



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**

WEEKDAY SESSION REGISTRATION

	RESIDENT	NON-RESIDENT	REGISTRATION CLOSES 1200P
SESSION 1	Dec 9	Dec 16	Jan 3
SESSION 2	Jan 25	Jan 28	Feb 1
SESSION 3	Feb 22	Feb 25	Mar 1
SESSION 4	Mar 22	Mar 25	Mar 29
SESSION 5	Apr 19	Apr 22	Apr 26

WEEKEND SESSION REGISTRATION

	RESIDENT	NON-RESIDENT	REGISTRATION CLOSES 1200P
SESSION 1	Dec 9	Dec 19	Jan 2
SESSION 2	Feb 5	Feb 8	Feb 12
SESSION 3	Apr 8	Apr 11	Apr 15

For all swim lesson related questions please call 303-926-2562.