

# 2018 Indoor Spring Pool Schedule

(04/2 - 06/24 - subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>5:00 AM</b>	Open Swim 5:00am - 12:00pm	Open Swim 5:00am - 9:30am	Open Swim 5:00am - 12:00pm	Open Swim 5:00am - 9:30am	Open Swim 5:00am - 9:30am				
<b>7:00 AM</b>	3 Lap Lanes 7:00 - 8:00	3 Lap Lanes 6:30 - 8:30	3 Lap Lanes 7:00 - 8:00	3 Lap Lanes 6:30 - 8:30	3 Lap Lanes 7:00 - 8:00	Lap Swim ONLY 7:00 - 8:00	Open Swim 7:00am - 10:00am  Water Works 10:00 11:00 (entire pool in use)  Open Swim 11:00 - 6:30       Birthday Parties 12:00 - 6:00 (Only when a Birthday Party is booked call for Availability)		
<b>7:30AM</b>									
<b>8:00 AM</b>	Open Swim 5:00am - 12:00pm	Open Swim 5:00am - 9:30am	Open Swim 5:00am - 1:15pm	Open Swim 5:00am - 9:30am	Open Swim 5:00am - 9:30am	Swim Lessons 8:00 - 12:00 (entire pool in use)			
<b>9:00 AM</b>									
<b>9:30 AM</b>		Swim Lessons 9:30 - 11:00 (Lap Swim Available)		Swim Lessons 9:30 - 11:00 (Lap Swim Available)	Deep Water 9:30 - 10:30 (entire pool in use)				
<b>10:00 AM</b>									
<b>10:30 AM</b>		Open Swim 11:00 - 1:15		Open Swim 11:00 - 1:15	Open Swim 10:30 - 1:15				
<b>11:00 AM</b>									
<b>11:30 AM</b>									
<b>12:00 PM</b>	Deep Water 12:00 - 1:00 (entire pool in use)	Open Swim 12:00 - 6:30							
<b>12:30 PM</b>									
<b>1:00 PM</b>	Open Swim 1:00 - 1:15	Water Works 1:15 - 2:15 (entire pool in use)	Water Works 1:15 - 2:15 (entire pool in use)	Water Works 1:15 - 2:15 (entire pool in use)	Water Works 1:15 - 2:15 (entire pool in use)				
<b>1:15 PM</b>									
<b>2:00 PM</b>	Water Works 1:15 - 2:15 (entire pool in use)	Open Swim 2:15 - 4:30	Open Swim 2:15 - 4:30	Open Swim 2:15 - 4:00	Open Swim 2:15 - 4:00	Open Swim 2:15-10			
<b>2:15 PM</b>									
<b>2:30 PM</b>	Open Swim 2:15 - 4:00						Open Swim 2:15 - 4:30	Open Swim 2:15 - 4:00	Open Swim 2:15 - 4:00
<b>3:00 PM</b>									
<b>3:30 PM</b>									
<b>4:00 PM</b>	Swim Lessons 4:00 - 6:30 (Lap Swim Available)						Swim Lessons 4:30 - 6:30 (Lap Swim Available)	Swim Lessons 4:00 - 7:30 (Lap Swim Available)	
<b>4:30 AM</b>									
<b>5:00 PM</b>									
<b>6:00 PM</b>									
<b>6:30 PM</b>	Open Swim 6:30 - 7:00	Open Swim 6:30 - 7:00	Open Swim 6-7pm	Birthday Parties 6:00 - 9:00 (Only when a Birthday Party is booked call for Availability)					
<b>7:00 PM</b>	H2O Body Blast 7:00 - 8:00 (entire pool in use)	Volley Ball 7:00 - 8:30	H2O Body Blast 7:00 - 8:00 (entire pool in use)						
<b>7:30 PM</b>									
<b>8:00 PM</b>	Open Swim 8:00 - 10:00	Open Swim 8:30 - 10:00	Open Swim 8:00 - 10:00						
<b>8:30 PM</b>									
<b>9:00 PM</b>									
<b>10:00 PM</b>									

# INDOOR POOL SCHEDULE

**The pool measures:** 46 feet by 22 feet 3 feet deep to 8 feet deep

1 length = 1 lap            57 laps = ½ mile  
28 laps – ¼ mile            115 laps = 1 mile

**Lap Swimming:** For individuals who wish to swim in a continuous movement up and down the lap lane(s). If you wish to take a quick break, please be courteous to others and move to the corner of the lane at either end of the pool. Lap swimming is on a first come, first serve basis. The lap lane is the 2 lanes of the pool near the window.

**Circle Swim** (more than 2 swimmers who wish to swim laps at the same time):

Enter the lap lane with caution. Announce your presence to those already swimming in the lane.

The circle swim pattern is clockwise or counter clockwise to avoid collisions.

Go in the correct order-fastest should go first. Give those ahead of you a ½-length start.

Should you catch up to the one ahead of you, follow to the end before passing. Let those faster than you pass at the end of the lane.

**Single Lap Lane** (at certain times of the day the lap lanes will become a single lap lane, which can only accommodate 1 lap swimmer): Prior to your entrance into the lap lanes, the lifeguard will let you know that the lap lanes will be a single lap lane in "X" minutes and a time limit of 20 minutes will be allowed for each swimmer.

**Three Lap Lanes** (at certain times of the day the two lap lanes will become three lap lanes, the open swim side of the pool will be decreased to 1 lane): If more than three lap swimmers arrive to use the pool then a circle swim will be enforced.

**Open Swim:** Individuals and families may use the pool. Two lanes will be available for lap swimming. Youths under the age of 8 must be accompanied by an adult, age 16 and older. Children age 8 and over will need to pass a swim test (by the lifeguard) in order to use the pool without an adult.

**Water Aerobic Classes:** These classes will develop strength, flexibility and aerobic fitness for swimmers and non-swimmers. During this time the class has use of the entire pool. No other pool use is permitted.

**Swim Lessons:** Lessons are offered for children and adults. At least one lane will be available for lap swimming. During the morning swim lessons, depending on the size of the class, you may be asked to move to another area of the pool to prevent interference with the class. During evening swim classes there is either limited open swim or no open swim allowed.

**Birthday Parties:** Parties are typically held on weekends during open swim times.

# ATTENTION SWIMMERS:

**Lap Lanes will be closed for Lifeguard Training on the following dates. Laps can done in the open swim area.**

Thursday, May 17	6-8pm
Monday, May 21	8-10pm
Monday, June 11	5:30-6:30pm
Thursday, June 14	8-10pm
Friday, June 15	8-10pm
Monday, June 18	8-10pm
Thursday, June 21	8-10pm
Friday, June 22	8-10pm

*Thank you for your cooperation*

**ALL(SPORT)**  
health & fitness