



# POOL SCHEDULE

SPRING I / SESSION 2 | 2/25/19-4/21/19  
(as of 1.31.19)

**Please note:**  
One Lap Lane may be closed each day between the hours of 2 pm and 8 pm.

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Child Watch: 6:15PM-8:30PM (Mon-Thurs)

Sat. 8:45AM-1:15PM

	MON	TUES	WED	THURS	FRI	SAT
6AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 6 - 8 AM	Adult Lap 7:30-9AM
7AM	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes	2/Water Movement Ages 5-12 2:30-3:15PM (#2)
8AM	Adult Lap 8:15 - 8:55 AM	Adult Lap 8:15 - 10 AM	Adult Lap 8:15 - 9:45 AM	Adult Lap 8:15 - 10:30 AM	Adult Lap 8:15 - 9:45 AM	4/Stroke Intro Ages 5-12 2:30-3:15PM
9AM	Water Aerobics 9 - 9:55 AM					Pool Closed   15 Minutes
10AM	Gym/ Swim Starters A/ Water Discovery Ages 6-18 months 10 - 10:30 AM		Pool Closed   15 Minutes		Pool Closed   15 Minutes	A/ Water Discovery Ages 6-18 months 9:15-9:45 AM
11AM	Gym/ Swim Starters B/ Water Exploration Ages 18-36 months 10:30-11 AM	Adult Lap 10:30 AM-12 PM	Adult Lap 11 AM - 12 PM	Adult Lap 11:15 AM - 12 PM	Water Aerobics 10-10:55 AM	Pool Closed   15 Minutes
12N	Pool Closed   15 Minutes					Art/ Swim Starters B/ Water Exploration Ages 18-36 months 10-10:30 AM
1PM	Adult Lap 11:15 AM-12 PM	Adult Lap 12:15-2 PM	Adult Lap 12:15 PM - 2 PM	Adult Lap 12:15 PM - 2 PM	Adult Lap 12:45 -3:15 PM	Pool Closed   10 Minutes
2PM	Pool Closed   15 Minutes					1/Water Acclimation Ages 3-5 10:40-11:10 AM
3PM	Family, Youth & Private Swim 2:15 - 3:15 PM					2/Water Movement Ages 3-5 10:40-11:10 AM
4PM	Pool Closed   15 Minutes					Pool Closed   10 Minutes
5PM	Y Afterschool Program Swim Lessons 3:30-4:15 PM	1/Water Acclimation Ages 3-5 3:30-4 PM	1/Water Acclimation Ages 3-5 3:30-4 PM	2/Water Movement Ages 3-5 3:30-4 PM	Family, Youth & Private Swim 3:45-6 PM	3/Water Stamina Ages 3-5 11:20-11:50 AM
6PM	Pool Closed   15 Minutes					Pool Closed   10 Minutes
7PM	6/ Stroke Mechanics Ages 5-12 4:30-5:15 PM	2/Water Movement and 4/Stroke Intro Ages 3-5 4:10-4:40 PM	3/Water Stamina Ages 5-12 4:10-4:55 PM	2/Water Movement Ages 5-12 4:10-4:55 PM		2/Water Movement Ages 3-5 12-12:30 PM (#1)
8PM	Pool Closed   15 Minutes					Pool Closed   10 Minutes
9PM	Family, Youth & Private Swim 5:30-6:55 PM	3/Water Stamina Ages 3-5 4:50-5:20 PM	4/Stroke Intro Ages 5-12 5:05-5:50 PM	5/ Stroke Dev. Ages 5-12 5:05-5:50 PM		2/Water Movement Ages 3-5 12-12:30 PM (#2)
10PM						3/Water Stamina Ages 3-5 12-12:30 PM
						Pool Closed   10 Minutes
						4/Stroke Intro Ages 3-5 12 PM-12:30 PM
						Pool Closed   10 Minutes
						1/Water Acclimation Ages 5-12 12:40-1:10 AM
						Pool Closed   10 Minutes
						2/Water Movement Ages 5-12 12:40-1:25 PM
						Pool Closed   10 Minutes
						3/Water Basics/ 1/Water Acclimation Adults 12:40-1:25 PM
						Pool Closed   20 Minutes
						4/ Stroke Introduction Ages 5-12 12:40-1:25 PM
						Pool Closed   10 Minutes
						1/Water Acclimation Ages 5-12 1:35-2:20 PM
						Pool Closed   30 Minutes
						3/Water Stamina Ages 5-12 1:35-2:20 PM
						Pool Closed   15 Minutes
						4/Stroke Intro Ages 5-12 1:35-2:20 PM
						Pool Closed   10 Minutes
						2/Water Movement Ages 5-12 2:30-3:15PM (#1)
						Pool Closed - 6 PM

**SUN**

Adult Lap 8 AM-9:15 AM

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Please note: One Lap Lane may be closed each day between the hours of 2 pm and 8 pm. NEED FINANCIAL ASSISTANCE? JUST ASK.



# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision,



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills;

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### Note:

- Everyone must shower before entering the pool.
- Swim caps are required to swim.
- Shoes are not allowed on the pool deck.
- Swimsuits are required in the pool.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.