



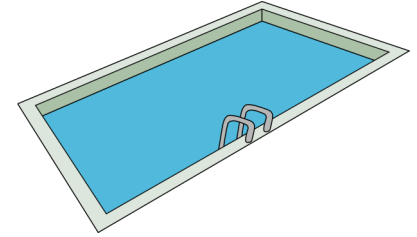
POOL SCHEDULE

10/4-10/31/21

Member Registration 8/14 and Community Registration 8/21

Please note:
Swim caps must be worn in pool at all times.

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NEED FINANCIAL ASSISTANCE? JUST ASK.

	MON	TUES	WED	THURS	FRI	SAT	SUN		
6AM	POOL CLOSED	Pool Closed 6:30 - 10:30 AM	Pool Closed 6:30 - 12:30 PM	Pool Closed 6:30 - 10:30 AM	POOL CLOSED	Adult Lap 8-9AM	Pool Closed 8 - 9 AM		
7AM									
8AM									
9AM								Pool Closed 15 Minutes	
10AM								A/ Water Discovery Ages 6-18 months 9:15-9:45 AM	A/ Water Discovery Ages 6-18 months 9:15 - 9:45 AM
								Pool Closed 15 Minutes	Pool Closed 15 Minutes
								B/ Water Exploration Ages 18-36 months 10-10:30 AM	B/ Water Exploration Ages 18-36 months 10-10:30 AM
								Pool Closed 15 Minutes	Pool Closed 15 Minutes
11AM			Water Aerobics 10:30 - 11:20 AM			Water Aerobics 10:30 - 11:20 AM		1/ Water Acclimation Ages 3-5 10:45-11:15 AM	1/ Water Accl w/ Parent Ages 3-5 10:45-11:15 AM
			Pool Closed 10 Minutes			Pool Closed 10 Minutes		Pool Closed 10 Minutes	Pool Closed 10 Minutes
			Adult Recreation Swim (No Lane Lines) 11:30 AM-12 PM			Adult Recreation Swim (No Lane Lines) 11:30 AM-12 PM		2/ Water Movement Ages 3-5 11:25-11:55 AM	2/ Water Movement Ages 3-5 11:25-11:55 AM
			Pool Closed 60 Minutes			Pool Closed 60 Minutes		Pool Closed 35 Minutes	Pool Closed 35 Minutes
12N			Adult Lap 1 PM-2:30 PM	Adult Lap 12:30 - 2:30 PM		Adult Lap 1 PM-2:30 PM		3/ Water Stamina Ages 3-5 12:30-1 PM	1/ Water Acclimation 3/ Water Stamina Ages 3-5 12:30 PM-1 PM
1PM								Pool Closed 10 Minutes	Pool Closed 10 Minutes
2PM								1/ Water Acclimation Ages 5-12 1:10 - 1:40 PM	3/ Water Stamina Ages 5-12 1:10 PM-1:40 PM
3PM								Pool Closed 10 Minutes	Pool Closed 10 Minutes
		Family Recreation Swim 3 - 3:45 PM	Family Recreation Swim 3 - 3:45 PM	Family Recreation Swim 3 - 3:45 PM		2/ Water Movement Ages 5-12 1:50-2:20 PM	1/ Water Acclimation Ages 5-12 1:50-2:20 PM		
		Pool Closed 25 Minutes	Pool Closed 25 Minutes	Pool Closed 25 Minutes		Pool Closed 10 Minutes	Pool Closed 10 Minutes		
4PM		1/ Water Acclimation Ages 3-5 4:10-4:40 PM	1/ Water Acclimation Ages 3-5 4:10-4:40 PM	1/ Water Acclimation Ages 5-12 4:10-4:40 PM		3/ Water Stamina Ages 5-12 2:30-3 PM	4/ Stroke Intro Ages 5-12 2:30 - 3 PM		
		2/ Water Movement Ages 3-5 4:45-5:15 PM	2/ Water Movement Ages 3-5 4:45-5:15 PM	2/ Water Movement Ages 5-12 4:45-5:15 PM		Pool Closed 10 Minutes			
5PM		3/ Water Stamina Ages 3-5 5:20 - 5:50 PM	3/ Water Stamina Ages 3-5 5:20 - 5:50 PM	3/ Water Stamina Ages 5-12 5:20 - 5:50 PM		4/ Stroke Intro Ages 5-12 3:10 - 3:40 PM			
6PM		Pool Closed 10 Minutes	Pool Closed 10 Minutes	Pool Closed 10 Minutes					
		Private Swim Lessons	2/ Water Movement Ages 5-12 6-6:30 PM	4/ Stroke Intro Ages 5-12 6 - 6:30 PM					
		(STARTING NOVEMBER 2021)	2/ Water Movement Ages 18+ 6:30 - 7 PM	5/ Stroke Dev. Ages 5-12 6:30 - 7 PM					
			Pool Closed 10 Minutes	Pool Closed 10 Minutes					
8PM			5/ Stroke Development Ages 18+ 7:10 - 7:40 PM	5/ Stroke Development Ages 13-17 7:10-7:40 PM					



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.