



# POOL SCHEDULE

Fall II | Session 6 | October 31 - December 24, 2022  
(as of 10.6.22)

**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. | Changes/ additions in red.

	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	Adult Lap 6:30 - 7:45 AM	Adult Lap 6:30 - 8 AM	Adult Lap 6:30 - 7:30 AM	Adult Lap 6:30 - 8 AM	Adult Lap 6:30 - 8 AM	Adult Lap 8-9AM	Adult Lap 8-9AM
7AM	Pool Closed   15 Minutes		Pool Closed   30 Minutes				
8AM		Pool Closed   15 Minutes		Pool Closed   15 Minutes	Pool Closed   15 Minutes		
9AM	Adult Lap 8 - 9:30 AM	Adult Lap 8:15 - 10 AM	Adult Lap 8 - 9:30 AM	Adult Lap 8:15 - 9:30 AM	Adult Lap 8:15 - 9:30 AM	Pool Closed   15 Minutes	Pool Closed   15 Minutes
10AM	Pool Closed   30 Minutes	Pool Closed   30 Minutes	Pool Closed   30 Minutes	Pool Closed   30 Minutes	Pool Closed   30 Minutes	A/ Water Discovery Ages 6-18 months 9:15-9:45 AM	A/ Water Discovery Ages 6-18 months 9:15 - 9:45 AM
11AM	Adult Recreation Swim (no lane lines) 10 -10:30 AM	Adult Lap 10:30 - 12 PM	Adult Recreation Swim (no lane lines) 10 -10:30 AM	Adult Lap 10:30 -12 PM	Adult Recreation Swim (no lane lines) 10 -10:30 AM	B/ Water Exploration Ages 18-36 months 10-10:30 AM	B/ Water Exploration Ages 18-36 months 10-10:30 AM
	Water Aerobics 10:30 - 11:20 AM Maria C.		Water Aerobics 10:30 - 11:20 AM Maria C.		Water Aerobics 10:30 - 11:20 AM Maria C.	1/Water Accl w/ Parent Ages 3-5 10:45-11:15 AM	1/Water Accl w/ Parent Ages 3-5 10:45-11:15 AM
12N	Pool Closed   40 Minutes	Pool Closed   15 Minutes	Pool Closed   40 Minutes	Pool Closed   30 Minutes	Pool Closed   10 Minutes	Pool Closed   45 Minutes	Pool Closed   45 Minutes
1PM	Adult Lap 12 PM-1:30 PM	Adult Lap 12:15 -2 PM	EC Swim 12:20 - 12:50 PM	Adult Lap 12:30 -2 PM	Adult Lap 11:30 AM - 12:15 PM	2/ Water Movement Ages 3-5 12-12:30 PM	2/ Water Movement Ages 3-5 12-12:30 PM
2PM	Pool Closed   30 Minutes		Adult Lap 1 PM-2 PM		Pool Closed   60 Minutes	3/Water Stamina Ages 3-5 12:30-1 PM	3/Water Stamina Ages 3-5 12:30-1 PM
3PM	Adult Lap 2 PM-3:30 PM	Pool Closed	1/Water Acclimation Ages 3-5 3:00 - 3:30 PM	Pool Closed	Adult Lap 1:15 PM - 2:30 PM	1/Water Acclimation Ages 5-12 1:10 -1:40 PM	2/Water Movement Ages 5-12 1:10 PM-1:40 PM
4PM	Pool Closed   30 Minutes		2/Water Movement Ages 3-5 3:40 - 4:10 PM		Pool Closed   30 Minutes	3/Water Stamina Ages 5-12 1:50-2:20 PM	3/Water Stamina Ages 5-12 1:50-2:20 PM
5PM	Family Recreation Swim 4 PM-4:45 PM		3/ Water Stamina Ages 3-5 4:20 - 4:50 PM		1/Water Acclimation Ages 5-12 3:00 - 3:30 PM	4/Stroke Intro Ages 5-12 2:30 - 3:15 PM	5/Stroke Develop Ages 5-12 2:30 - 3:15 PM
6PM	Pool Closed   15 Minutes		4/ Stroke Intro Ages 5-12 5:00 - 5:45 PM		2/Water Movement Ages 5-12 3:40 - 4:10 PM	4/Stroke Intro Ages 5-12 3:15 - 4 PM	Pool Closed   15 Minutes
7PM	Family Recreation Swim 5 PM-5:45 PM		Pool Closed   30 Minutes		3/ Water Stamina Ages 5-12 4:20 - 4:50 PM	Family Recreation Swim 4:15 - 5 PM	POOL PARTY RESERVATIONS 3:30-4:30 PM
8PM	Pool Closed   15 Minutes		2/ Water Movement Ages 18+ 6:15 - 7:00 PM		5/ Stroke Dev. 6/ Stroke Mech. Ages 5-12 5:00 - 5:45 PM		Pool Closed   15 Minutes
9PM	Water Aerobics 6 - 7 PM TBD		Pool Closed   15 Minutes		2/Water Movement Ages 13-17 5:50 - 6:35 PM		Family Recreation Swim 4:45 - 5:30 PM
10PM	Pool Closed		3/ Water Stamina 4/ Stroke Intro Ages 18+ 7:15 - 8:00 PM		5/ Stroke Develop- ment 6/ Stroke Mechanics Ages 18+ 6:40-7:25 PM		Pool Closed
11PM					Pool Closed		



# 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.