



POOL SCHEDULE

Winter | Session 1 | January 2 - February 26, 2023

(as of 12.2.22)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



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 - 10 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	A/ Water Discovery Ages 6-18 months 9:15-9:45 AM	A/ Water Discovery Ages 6-18 months 9:15 - 9:45 AM
	Adult Recreation Swim (no lane lines) 10 -10:30 AM	Pool Closed 30 Minutes	Adult Recreation Swim (no lane lines) 10 -10:30 AM	Pool Closed 30 Minutes	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
11AM	Water Aerobics 10:30 - 11:20 AM Maria C.	Adult Lap 10:30 - 12 PM	Water Aerobics 10:30 - 11:20 AM Maria C.	Adult Lap 10:30 -12 PM	Water Aerobics 10:30 - 11:20 AM Maria C.	Pool Closed 15 Minutes	Pool Closed 15 Minutes
12N	Pool Closed 40 Minutes		Pool Closed 40 Minutes		Pool Closed 10 Minutes	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
	Adult Lap 12 PM-1:30 PM	Pool Closed 15 Minutes	EC Swim 12:20 - 12:50 PM		Adult Lap 11:30 AM - 12:15 PM	Pool Closed 45 Minutes	Pool Closed 45 Minutes
1PM		Adult Lap 12:15 -3 PM	Adult Lap 1 PM-2 PM	Pool Closed 30 Minutes		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		Pool Closed 60 Minutes	Adult Lap 12:30 -3 PM	Adult Lap 1:15 PM - 2:30 PM	Pool Closed 60 Minutes	Pool Closed 10 Minutes
	Adult Lap 2 PM-3:30 PM		1/Water Acclimation Ages 3-5 3:00 - 3:30 PM			Pool Closed 10 Minutes	Pool Closed 10 Minutes
3PM		Private Lessons 3-3:30 PM				1/Water Acclimation Ages 5-12 1:10 -1:40 PM	2/Water Movement Ages 5-12 1:10 PM-1:40 PM
		Swim Evaluations 3:30-4 PM	2/Water Movement Ages 3-5 3:40 - 4:10 PM			Pool Closed 10 Minutes	Pool Closed 10 Minutes
4PM	Pool Closed 30 Minutes			Adult Recreation 3 -3:45 PM	1/Water Acclimation Ages 5-12 3:00 - 3:30 PM	3/Water Stamina Ages 5-12 1:50-2:20 PM	3/Water Stamina Ages 5-12 1:50-2:20 PM
	Family Recreation Swim 4 PM-4:45 PM	School Swim Program 4-4:30 PM	3/ Water Stamina Ages 3-5 4:20 - 4:50 PM			Pool Closed 10 Minutes	Pool Closed 10 Minutes
5PM	Pool Closed 15 Minutes		4/ Stroke Intro Ages 5-12 5:00 - 5:45 PM	Pool Closed 15 Minutes	2/Water Movement Ages 5-12 3:40 - 4:10 PM	4/Stroke Intro Ages 5-12 2:30 - 3:15 PM	5/Stroke Develop Ages 5-12 2:30 - 3:15 PM
	Family Recreation Swim 5 PM-5:45 PM	School Swim Program 4:40-5:10 PM		Private Lessons 4-4:30 PM		Pool Closed 10 Minutes	Pool Closed 15 Minutes
6PM	Pool Closed 15 Minutes		Pool Closed 30 Minutes	Pool Closed 10 Minutes	3/ Water Stamina Ages 5-12 4:20 - 4:50 PM	4/Stroke Intro Ages 5-12 3:15 - 4 PM	POOL PARTY RESERVATIONS 3:30-4:30 PM
		School Swim Program 5:20-5:50 PM	2/ Water Movement Ages 18+ 6:15 - 7:00 PM	Pool Closed 10 Minutes	5/ Stroke Dev. 6/ Stroke Mech. Ages 5-12 5:00 - 5:45 PM	Family Recreation Swim 4:15 - 5 PM	Pool Closed 15 Minutes
7PM	Water Aerobics 6 - 7 PM	Pool Closed 10 Minutes		Pool Closed 10 Minutes	Private Lessons 5:20-5:50 PM		Family Recreation Swim 4:45 - 5:30 PM
		Private Lessons 6-6:30 PM		Pool Closed 15 Minutes	Family Recreation Swim 5:20 PM-6 PM		
		Family Recreation Swim 6 PM-6:45 PM	3/ Water Stamina 4/ Stroke Intro Ages 18+ 7:15 - 8:00 PM		Water Aerobics 6 - 7 PM		
8PM	Pool Closed	Family Recreation Swim 6:45 PM-7:30 PM			Adult Lap 7 -8 PM		Pool Closed
		Pool Closed				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.