

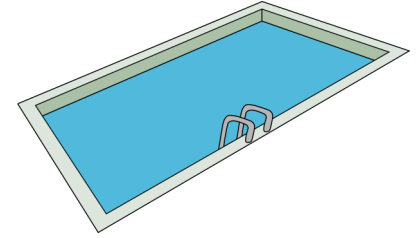


# POOL SCHEDULE

Spring II Session | May 1 - June 25, 2023  
(as of 4.5.23)

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   15 Minutes	Pool Closed   30 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes		
8AM	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		
9AM	Pool Closed   30 Minutes		Pool Closed   30 Minutes		Pool Closed   30 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes
10AM	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	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	Water Aerobics 10:30 - 11:20 AM Maria C.	Adult Recreation 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.	B/ Water Exploration Ages 18-36 months 10-10:30 AM	B/ Water Exploration Ages 18-36 months 10-10:30 AM
	Pool Closed   40 Minutes		Adult Recreation 11:20 - 12 PM		Pool Closed   10 Minutes	Pool Closed   15 Minutes	Pool Closed   15 Minutes
12N	Adult Lap 12 PM-1:30 PM	Pool Closed   15 Minutes	Adult Lap 11:20 - 12 PM	Pool Closed   30 Minutes	Adult Lap 11:30 AM - 12:15 PM	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
1PM	Adult Lap 12 PM-1:30 PM	Adult Lap 12:15 - 2:35 PM	EC Swim 12:20 - 12:50 PM	Adult Lap 12:30 - 2:30 PM	Pool Closed   60 Minutes	Pool Closed   45 Minutes	Pool Closed   45 Minutes
2PM	Adult Lap 2 PM-3:30 PM		Adult Lap 1 PM-2 PM		Adult Lap 1:15 PM - 2:30 PM	2/ Water Movement Ages 3-5 12-12:30 PM	2/ Water Movement Ages 3-5 12-12:30 PM
3PM	Adult Lap 2 PM-3:30 PM	Family Recreation Swim 2:50-3:50 PM	1/ Water Acclimation Ages 3-5 3:00 - 3:30 PM	Adult Recreation 2:45 - 3:45 PM	Pool Closed   30 Minutes	3/ Water Stamina Ages 3-5 12:30-1 PM	3/ Water Stamina Ages 3-5 12:30-1 PM
4PM	Family Recreation Swim 4 PM-4:45 PM	Pool Closed   15 Minutes	2/ Water Movement Ages 3-5 3:40 - 4:10 PM	Pool Closed   15 Minutes	1/ Water Acclimation Ages 5-12 3:00 - 3:30 PM	Pool Closed   10 Minutes	Pool Closed   10 Minutes
5PM	Family Recreation Swim 4 PM-4:45 PM	Family Recreation Swim 4-5 PM	2/ Water Movement Ages 5-12 4:20 - 4:50 PM	Private Lessons 4-4:30 PM	2/ Water Movement Ages 5-12 3:40 - 4:10 PM	3/ Water Stamina Ages 5-12 1:50-2:20 PM	3/ Water Stamina Ages 5-12 1:50-2:20 PM
6PM	Family Recreation Swim 5 PM-5:45 PM	Private Lessons 5-5:30 PM	4/ Stroke Intro Ages 18+ 5:00 - 5:45 PM	Private Lessons 4:40-5:10 PM	Pool Closed   10 Minutes	4/ Stroke Intro Ages 5-12 2:30 - 3:15 PM	5/ Stroke Develop 6/ Stroke Mechanics Ages 5-12 2:30 - 3:15 PM
7PM	Water Aerobics 6 - 7 PM	Private Lessons 5:30-6 PM	2/ Water Movement Ages 18+ 6 - 6:45 PM	Family Recreation 5 - 6 PM	Private Lessons 5-5:30 PM	Pool Closed   15 Minutes	POOL PARTY RESERVATIONS 3:30-4:30 PM
8PM	Adult Lap 7:30 PM-9:30 PM	Private Lessons 6-6:30 PM	3/ Water Stamina 4/ Stroke Intro Ages 18+ 7 - 7:45 PM	Water Aerobics 6 - 7 PM	2/ Water Movement 3/ Water Stamina Ages 13-17 5:55 - 6:40 PM	Family Recreation Swim 4:15 - 5:15 PM	Family Recreation Swim 4:45 - 5:45 PM
	Pool Closed   30 Minutes	Pool Closed   30 Minutes	Pool Closed   15 Minutes	Pool Closed   30 Minutes	5/ Stroke Developmt 6/ Stroke Mechanics Ages 18+ 6:50-7:35 PM		
	Adult Lap 7:30 PM-9:30 PM	Adult Lap 7:30 PM-9:30 PM	Adult Lap 8 PM-9:30 PM	Adult Lap 7:30 - 9:30 PM	Adult Lap 8 - 9:30 PM	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.



### 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 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



### 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.

## 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.

#### 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.