



POOL SCHEDULE

Fall II Session | October 30-December 24, 2023

(as of 10.18.23)

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	Lap Swim Adults & Teens (Ages 12 & Up) 8 AM-9 AM	Lap Swim Adults & Teens (Ages 12 & Up) 8 AM-9 AM
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	Adult Recreation 10:30 - 12 PM	Adult Recreation Swim (no lane lines) 10 - 10:30 AM		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.		Water Aerobics 10:30 - 11:20 AM Maria C.		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	Pool Closed 15 Minutes	Adult Recreation 11:20 AM-12 PM	Pool Closed 30 Minutes	Pool Closed 10 Minutes	Pool Closed 15 Minutes	Pool Closed 15 Minutes
12N	Adult Lap 12 - 1:30 PM	Adult Lap 12:15 - 2 PM		Adult Lap 10:30 AM-12 PM	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			Pool Closed 15 Minutes	Pool Closed 30 Minutes	Pool Closed 60 Minutes	Pool Closed 45 Minutes	Pool Closed 45 Minutes
2PM	Pool Closed 30 Minutes		Y Sep Swim 12:15-12:45 PM	Adult Lap 12:30 - 2:30 PM	Adult Lap 1:15 - 2:30 PM	2/ Water Movement Ages 3-5 12-12:30 PM	2/ Water Movement Ages 3-5 12-12:30 PM
			Pool Closed 15 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	Family Recreation Swim 2:15-3:15 PM	Adult Lap 1 - 2:30 PM			Pool Closed 10 Minutes	Pool Closed 10 Minutes
			Pool Closed 30 Minutes	Adult Recreation 2:45-3:45 PM	1/ Water Acclimation Ages 5-12 3:00 - 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
4PM	Family Recreation Swim 4 PM-4:45 PM	Family Recreation Swim 3:30-4:15 PM	1/ Water Acclimation Ages 3-5 3:00 - 3:30 PM		Pool Closed 10 Minutes	3/ Water Stamina Ages 5-12 1:50-2:20 PM	3/ Water Stamina Ages 5-12 1:50-2:20 PM
			Pool Closed 10 Minutes	Private Lessons 4:00-4:30 PM 4:30-5:00 PM	2/ Water Movement Ages 5-12 3:40 - 4:10 PM	Pool Closed 10 Minutes	Pool Closed 10 Minutes
5PM	Pool Closed 15 Minutes		2/ Water Movement Ages 5-12 4:20 - 4:50 PM	Private lessons and Family Recreation run simultaneously.	3/ Water Stamina Ages 5-12 4:20 - 4:50 PM	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
6PM	Family Recreation Swim 5 PM-5:45 PM	Y-USA SWIM 4:30 - 7:30 PM	4/ Stroke Intro Ages 5-12 5:00 - 5:45 PM	Family Recreation 4:00-5:00 PM	2/ Water Movement 3/ Water Stamina Ages 13-17 5 - 5:45 PM	Private Lessons 3:30-4 PM	POOL PARTY RESERVATIONS 3:30-4:30 PM
			Pool Closed 15 Minutes	Private Lessons 5:00-5:30 PM	Pool Closed 15 Minutes	Family Recreation Swim 4:15 - 5:15 PM	Pool Closed 15 Minutes
7PM	Water Aerobics 6 - 7 PM		2/ Water Movement Ages 18+ 6 - 6:45 PM	Private Lessons 5:30-6 PM	3/ Water Stamina Ages 18+ 6 - 6:45 PM		Family Recreation Swim 4:45 - 5:45 PM
			Pool Closed 15 Minutes	Water Aerobics 6 - 7 PM	Pool Closed 15 Minutes	Pool Closed	
8PM	Adult Lap 7:30 PM-9:30 PM	Adult Lap 7:30 PM-9:30 PM	5/ Stroke Developmt 6/ Stroke Mechanics Ages 18+ 7 - 7:45 PM	Adult Lap 7:30 - 9:30 PM	4/ Stroke Intro Ages 18+ 7 - 7:45 PM		Pool Closed
			Pool Closed 15 Minutes		Adult Lap 8 PM-9:30 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.



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.