



POOL SCHEDULE

Spring II Session | April 28–June 22, 2025
(as of 3.28.25)

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 Swim 6:30 – 7:30 AM | Adult Lap Swim 6:30 – 8 AM | Adult Lap Swim 6:30 – 7:30 AM | Adult Lap Swim 6:30 – 8 AM | Adult Lap Swim 6:30 – 8 AM | Lap Swim | Lap Swim |
| 7AM | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes | Adults & Teens (Ages 12+) | Adults & Teens (Ages 12+) |
| 8AM | Adult Lap Swim 8 – 9:30 AM | Adult Lap Swim 8:15 – 10 AM | Adult Lap Swim 8 – 9 AM | Adult Lap Swim 8:15 – 9:30 AM | Adult Lap Swim 8:15 – 9:30 AM | 8 AM–9 AM | 8 AM–9 AM |
| 9AM | Pool Closed 30 Minutes | Pool Closed 30 Minutes | 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) 9:30 – 10:30 AM | Adult Recreation 10 – 11:45 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 18–36 months 9:15 – 9:45 AM |
| 11AM | Water Aerobics 10:30 – 11:20 AM Maria C. | Pool Closed 15 Minutes | Water Aerobics 10:30 – 11:20 AM Maria C. | Pool Closed 30 Minutes | 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 | Pool Closed 20 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes |
| 12N | Adult Lap Swim 12 – 1:30 PM | Adult Lap Swim 12:15–2 PM | SEPARATION SWIM 11:40 AM–12 PM 12–12:20 PM | Pool Closed 45 Minutes | Adult Lap Swim 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 10 Minutes | Pool Closed 60 Minutes | Pool Closed 60 Minutes | Pool Closed 45 Minutes | Pool Closed 45 Minutes |
| 2PM | Adult Lap Swim 1:45 PM–3 PM | Family Recreation Swim 2:30–3:15 PM | Adult Lap Swim 1:30–2:30 PM | Adult Recreation 2–3 PM | Adult Lap Swim 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 |
| 3PM | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 30 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes |
| 4PM | Adult Recreation 3:30 PM–4:30 PM | Afterschool 3:30–4:30 PM | 1/Water Acclimation Ages 3–5 3:00 – 3:30 PM | Family Recreation Swim 3:15–4 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 |
| 5PM | Pool Closed 15 Minutes | Swim into Summer Y Swim Program | Pool Closed 10 Minutes | Pool Closed 15 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes |
| 6PM | Family Recreation Swim 4:45–5:30 PM | Ages 4–5 4:30–5 PM | 2/Water Movement Ages 3–5 3:40 – 4:10 PM | Private Lessons/30 min 3:30–5:30 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 |
| 7PM | Pool Closed 30 Minutes | Ages 6–7 5–5:30 PM | Pool Closed 10 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes | Pool Closed 10 Minutes |
| 8PM | Water Aerobics Gentle 6 – 7 PM | Ages 8–10 5:30–6 PM | 2/ Water Movement Ages 5–12 4:20 – 4:50 PM | Family Recreation 4:15–5 PM | 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 |
| | Pool Closed 30 Minutes | Ages 9–12 6–6:30 PM | Pool Closed 15 Minutes | Pool Closed 30 Minutes | Pool Closed 10 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes |
| | Water Aerobics Advanced 7 – 8 PM | Ages 9–12 6:30–7 PM | 4/ Stroke Intro Ages 5–12 5:00 – 5:45 PM | Water Aerobics Gentle 6 – 7 PM | 2/Water Movement 3/ Water Stamina Ages 13–17 5 – 5:45 PM | Private Lessons 3:30–4 PM | Pool Closed 15 Minutes |
| | Pool Closed 30 Minutes | Ages 13–17 7–7:45 PM | Pool Closed 15 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes |
| | Water Aerobics Advanced 7 – 8 PM | Ages 18+ 7:45–8:30 PM | 2/ Water Movement Ages 18+ 6 – 6:45 PM | Lap Swim Adults & Teens (Ages 12+) 7:15 PM–8 PM | 3/ Water Stamina Ages 18+ 6 – 6:45 PM | Family Recreation Swim 4:15 – 5:15 PM | Family Recreation Swim 4:45 – 5:45 PM |
| | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes |
| | Adult Lap Swim 8:30 PM–9:30 PM | Adult Lap Swim 8:45 PM–9:30 PM | 5/ Stroke Developmt 6/ Stroke Mechanics Ages 18+ 7 – 7:45 PM | Adult Lap Swim 8:30 – 9:30 PM | 4/ Stroke Intro Ages 18+ 7 – 7:45 PM | Lap Swim | Lap Swim |
| | Pool Closed 30 Minutes | Pool Closed 30 Minutes | Pool Closed 30 Minutes | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Adults & Teens (Ages 12+) | Adults & Teens (Ages 12+) |
| | Adult Lap Swim 8:30 PM–9:30 PM | Adult Lap Swim 8:45 PM–9:30 PM | Adult Lap Swim 8:15–9:30 PM | Adult Lap Swim 8:15–9:30 PM | Adult Lap Swim 8:15–9:30 PM | 5:30–7 PM | 6:00–7:30 PM |
| | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 30 Minutes | Pool Closed 15 Minutes | Pool Closed 15 Minutes | 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.