



POOL SCHEDULE

Fall I Session | Sept 8 - November 1

(as of 9.11.26)

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 - 7:30 AM	Lap Swim Adults & Teens (Ages 12+)	Lap Swim Adults & Teens (Ages 12+)
7AM	Pool Closed 30 Minutes		Pool Closed 30 Minutes		Pool Closed 30 Minutes		
8AM	Adult Lap Swim 8 - 9 AM	Adult Lap Swim 8:30 - 10 AM	Adult Lap Swim 8 - 9 AM	Adult Lap Swim 8:30 - 10 AM	Adult Lap Swim 8 - 9 AM	8 AM-9 AM	8 AM-9 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 (no lane lines) 9:30 - 10:30 AM	Adult Recreation (no lane lines) 10:30 AM - 12:15 PM	Adult Recreation (no lane lines) 9:30 - 10:30 AM	Adult Recreation (no lane lines) 10:30 AM - 12 PM	Adult Recreation (no lane lines) 9:30 - 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 (+10 min cool down) Maria C.		Water Aerobics 10:30 - 11:20 AM (+10 min cool down) Maria C.		Water Aerobics 10:30 - 11:20 AM Maria C.	B/ Water Exploration Ages 18-36 months 9:45-10:15 AM	B/ Water Exploration Ages 18-36 months 9:45-10:15 AM
	Pool Closed 30 Minutes		Pool Closed 15 Minutes		Pool Closed 15 Minutes	1/Water Accl w/ Parent Ages 3-5 10:15-10:45 AM	1/Water Accl w/ Parent Ages 3-5 10:15-10:45 AM
12N	Adult Lap Swim 12 PM - 3 PM	Adult Lap Swim 12:30 PM - 2:15 PM	Separation Swim 11:45 AM - 12:05 PM 12:05 PM - 12:25 PM	Adult Lap Swim 12:15 - 2:15 PM	Adult Recreation (no lane lines) 11:35 AM - 12 PM	Family Recreation Swim 10:45-11:30 AM	Family Recreation Swim 10:45-11:30 AM
1PM			Adult Recreation (no lane lines) 12:30-1:15 PM			Pool Closed 15 Minutes	Pool Closed 15 Minutes
2PM		Family Recreation Swim 2:30 - 3:15 PM	Adult Lap Swim 1:30 - 2:45 PM	Adult Recreation (no lane lines) 2:15 PM - 3 PM	Adult Lap Swim 12:15 - 2 PM	2/ Water Movement Ages 3-5 11:45 AM-12:15 PM	2/ Water Movement Ages 3-5 11:45 AM-12:15 PM
3PM	Adult Recreation (no lane lines) 3:15-4:30 PM		1/Water Acclimation Ages 3-5 3:00 - 3:30 PM	Family Recreation Swim 3:30-4:15 PM	1/Water Acclimation Ages 5-12 3:00 - 3:30 PM	3/Water Stamina Ages 3-5 12:15-12:45 PM	3/Water Stamina Ages 3-5 12:15-12:45 PM
4PM		Afterschool 3:30 - 4:30 PM	2/Water Movement Ages 3-5 3:30 - 4:00 PM	Family Recreation Swim 4:15-5 PM	2/Water Movement Ages 5-12 3:30 - 4 PM	1/Water Acclimation Ages 5-12 12:45 - 1:15 PM	2/Water Movement Ages 5-12 12:45 - 1:15 PM
5PM	Family Recreation Swim 5-5:45 PM	Y School Swim 4:30 - 6:30 PM	2/Water Movement Ages 5-12 4:00 - 4:30 PM		3/Water Stamina Ages 5-12 4 - 4:30 PM	3/Water Stamina Ages 5-12 1:15-1:45 PM	3/Water Stamina Ages 5-12 1:15-1:45 PM
6PM	Water Aerobics Gentle 6 - 7 PM		4/ Stroke Intro 5/ Stroke Developmt Ages 5-12 4:45 - 5:30 PM	Private Lessons/30 min 3:30 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM	1/Water Acclimation 2/Water Movement Ages 13-17 4:45 - 5:30 PM	4/Stroke Intro Ages 5-12 2 - 2:45 PM	5/Stroke Develop 6/Stroke Mechanics Ages 5-12 2 - 2:45 PM
7PM	Water Aerobics Advanced 7 - 8 PM	Adult Recreation (no lane lines) 6:45 PM - 7:45 PM	1/Water Acclimation 2/ Water Movement Ages 18+ 5:30 - 6:15 PM		3/ Water Stamina Ages 18+ 5:30 - 6:15 PM	Private Lessons 2:45 - 3:15 PM	FREE Swim Evaluations 1st come, 1st serve 2:45 - 3:15 PM
8PM	Lap Swim Adults & Teens (Ages 12+) 8:15 PM - 9 PM	Lap Swim Adults & Teens (Ages 12+) 8 PM - 9 PM	5/ Stroke Developmt 6/ Stroke Mechanics Ages 18+ 6:30 - 7:15 PM	Water Aerobics Gentle 6 PM - 7 PM	4/Stroke Intro Ages 18+ 6:30 - 7:15 PM	Family Recreation Swim 3:30 - 4:15 PM	POOL PARTY RESERVATIONS 3:30-4:30 PM
	Adult Lap Swim 9 PM-9:30 PM	Adult Lap Swim 9 PM - 9:30 PM	Lap Swim Adults & Teens (Ages 12+) 7:30 PM - 9 PM	Adult Lap Swim 9 PM - 9:30 PM	Adult Lap Swim 9 PM - 9:30 PM	Family Recreation Swim 4:15 - 5 PM	Family Recreation Swim 4:45 - 5:45 PM
			Adult Lap Swim 9 PM - 9:30 PM			Lap Swim Adults & Teens (Ages 12+) 5:30-7 PM	Lap Swim Adults & Teens (Ages 12+) 6-7:30 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.