

**HOURS OF OPERATION:**

**Mon - Fri: 8AM - 12PM & 4PM – 6:30PM | Sat: 9AM – 1:30PM | Sun: CLOSED**

|              | Sunday                       | Monday  | Tuesday  | Wednesday                                       | Thursday   | Friday  | Saturday                                     |                                     |
|--------------|------------------------------|---|--|---|--|---|--|-------------------------------------|
| <b>8 AM</b>  | <b>CLOSED</b>                | Lap Swim<br>8-8:50 AM                           | Lap Swim<br>8-8:50 AM                              | Lap Swim<br>8-8:50 AM                           | Lap Swim<br>8-8:50 AM                              | Lap Swim<br>8-8:50 AM                           | <b>CLOSED</b>                                |                                     |
| <b>9 AM</b>  |                              | Water<br>Fitness<br>9-10 AM                     | Individual<br>Exercise<br>9-10 AM                  | Individual<br>Exercise<br>9-10 AM               | Individual<br>Exercise<br>9-10 AM                  | Water<br>Fitness<br>9-10 AM                     | Adult Swim<br>9-10 AM                        |                                     |
| <b>10 AM</b> |                              | Lap Swim<br>&<br>Tot Zone<br>10:10 AM-<br>12 PM | Lap Swim<br>&<br>Family Zone<br>10:10 AM-<br>12 PM | Lap Swim<br>&<br>Tot Zone<br>10:10 AM-<br>12 PM | Lap Swim<br>&<br>Family Zone<br>10:10 AM-<br>12 PM | Lap Swim<br>&<br>Tot Zone<br>10:10 AM-<br>12 PM | Swim Lessons<br>10 AM-12 PM                  |                                     |
| <b>11 AM</b> |                              |   |  |   |  |   |  |                                     |
| <b>12 PM</b> |                              | <b>CLOSED</b>                                   | <b>CLOSED</b>                                      | <b>CLOSED</b>                                   | <b>CLOSED</b>                                      | <b>CLOSED</b>                                   | Adaptive<br>Swim                             | Rec Swim                            |
|              |                              |   |  |   |  |   | 12-1:30 PM                                   |                                     |
| <b>1 PM</b>  |                              |   |  |   |  |   | <u>First<br/>Saturday<br/>Each<br/>Month</u> | <u>Every<br/>Saturday<br/>After</u> |
| <b>2 PM</b>  |                              | <b>CLOSED</b>                                   | <b>CLOSED</b>                                      | <b>CLOSED</b>                                   | <b>CLOSED</b>                                      | <b>CLOSED</b>                                   | <b>CLOSED</b>                                |                                     |
| <b>3 PM</b>  |                              |   |  |   |  |   |  |                                     |
| <b>4 PM</b>  |                              |   |  |   |  |   |  | Lap Swim<br>4-5 PM                  |
| <b>5 PM</b>  | Swim<br>Lessons<br>4-6:30 PM |   |  |   |  |   |  | Swim<br>Lessons<br>4-6:30 PM        |
| <b>6 PM</b>  | Rec Swim<br>5-6:30 PM        |   |  |   |  |   |  |                                     |

**HOURS OF OPERATION:**

**Mon - Fri:** 8AM - 12PM & 4PM – 6:30PM | **Sat:** 9AM – 1:30PM | **Sun:** CLOSED

**Holiday Closures & Modified Hours:**

**Pool Closed:** July 4<sup>th</sup> for Independence Day

**AGE POLICIES:** All children nine (9) and under need an adult (18+) in the facility; children six (6) and under **MUST** always have an adult (18+) in the water within arm's reach. An adult (18+) can **ONLY** monitor 2 children 6 and under at one time, any other children under 6 require an additional adult (18+).

**SWIM TEST POLICY:** All kids ages 7-10 must take a swim test to swim in areas deeper than their armpits.

**GREEN Band:** Can jump into the pool, swim the length of the pool unassisted, and pause in deep water to either tread water or back float for 15 seconds.

**RED Band:** Wearing a Lifejacket, can jump into the pool, swim the length of the pool, and pause in deep water to either tread water or back float for 15 seconds.

**LAP SWIM TEST:** Swim two lengths (one lap) of the pool without stopping.

**Lap Swim:** All lap swimmers must swim continuous laps in the designated lap swim area. Circle swimming or sharing the lane is required when lap lanes are full.

**Water Fitness:** A low-impact aquatic class with no swimming skills required. Improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water. Please notify the instructor of any modifications needed regarding injuries or swimming ability.

**Individual Exercise:** A time for ages 18 and older to come and water exercise, river walk, or recreate in the pool with no lap lanes.

**Tot Zone:** Families with toddlers can enjoy the Shallow End, River, and Spray Pad. An Adult must accompany children in the water.

**Family Zone:** All families can enjoy the Shallow End, River, and Spray Pad. An Adult must accompany children in the water.

**Adult Swim:** A time for those ages 18 and older to enjoy the pool for activities such as individual exercise, swimming laps, or to water walk.

**Rec Swim:** Children ages 10 and up can swim without an adult. Open to all community members.

**Adaptive & Specialized Open Swim:** A new sensory-friendly and inclusive swim time for individuals with sensory sensitivities and physical and/or mental disabilities. **Held the first Saturday of each month from 12 PM-1:30 PM.**

**Locker Rooms:** The locker room on the pool deck closes 15 minutes after the pool has closed. All swimmers will be given a 5-minute warning.

**\*Schedule Subject to Change\***