



We build strong kids, strong families, strong communities.

MON	TUES	WED	THUR	FRI	SAT	SUN
Masters Swim & Lap* 5-6:30am	Masters Swim & Lap* 5-6:30am	Masters Swim & Lap* 5-6:30am	Masters Swim & Lap* 5-6:30am	Masters Swim & Lap* 5-6:30am	CLOSED	CLOSED
Lap 6:30-8:55 am	Lap 6:30-8:55 am	Lap 6:30-7:55 am MS Aquatics & Lap* 8:00-9:00 am	Lap 6:30-8:55 am	Lap 6:30-8:55 am	Lap 7-7:55am S Water Aerobics Adult Lap*8-9am	
Shallow Water Aerobics Adult Lap* 9-10am 1 lap lane avail.	Silver Splash® Adult Lap* 9-10am 1 lap lane avail.	Shallow Water Aerobics Adult Lap* 9-10am 1 lap lane avail.	Silver Splash® Adult Lap* 9-10am 1 lap lane avail.	Shallow Water Aerobics Adult Lap* 9-10am 1 lap lane avail.	Adult Lap* 1 lap lane min Lessons 9-12pm	Adult Lap & Sr. Swim 9-12pm
Classes, Family Swim & Lap* 10-12pm Arthritis 11-12 pm	Classes, Family Swim & Lap* 10-12pm	Classes, Family Swim & Lap* 10-12pm Arthritis 11-12 pm	Classes, Family Swim & Lap* 10-12pm	Classes, Family Swim & Lap* 10-12pm	Adult Lap & Sr. Swim 12-12:55pm	Family Swim Lap* 12-1pm
Adult Lap, Sr Sw & Arthritis Class 12-1pm	Adult Lap, Sr Sw & Arthritis Class 12-1pm	Adult Lap, Sr Sw & Arthritis Class 12-1pm	Adult Lap, Sr Sw & Arthritis Class 12-1pm	Adult Lap, Sr Sw & Arthritis Class 12-1pm	Adult Lap & Sr. Swim 12-12:55pm	Family Swim Lap* 12-1pm
Classes, Rec Swim & Lap* 1-3:30pm	Classes, Rec Swim & Lap* 1-4 pm	Classes, Rec Swim & Lap* 1-3:30pm	Classes Rec Swim & Lap* 1-4 pm	Classes, Rec Swim & Lap* 1-4 pm	Treasure Island & Adult Lap* 1 lap lane avail. 1:10-3pm	Rec Swim, Lap* 1 lap lanes min. & Lessons 1-5:45 pm
Lessons 3:30-7pm Adult Lap* 1 lap lane min	Swim Team 4-7 pm Adult Lap* 2 lap lane min	Lessons 3:30-7pm Adult Lap* 1 lap lane min	Swim Team 4-7 pm Adult Lap* 2 lap lane min	Swim Team 4-7 pm Adult Lap* 2 lap lane min	Rec Swim & Lap* 3-6:45 pm	CLOSED
Rec Swim & Lap* 7-9pm	Aqua Power 1 lap lane min. & Adult Lap* 7:05-8:05pm Rec Swim & Lap* 8-9pm	Family Swim & Lap* 7-8pm Rec Swim & Lap* 8-9 pm	Aqua Power 1 lap lane min. & Adult Lap* 7:05-8:05pm Rec Swim & Lap* 8-9pm	Rec Swim & Lap* 1 Lap lane min. 7:05-9:45pm	CLOSED	
Adult Lap 9-9:45 pm	Adult Lap* 9-9:45pm Masters 8:30 – 9:30pm	Adult Lap 9-9:45pm	Adult Lap* 9-9:45pm Masters 8:30 – 9:30pm		CLOSED	

Family Swim

- Recreational swimming for families. Children under 18 **MUST** be accompanied by an adult in the water and in the open area. This time is geared toward families with small children.

Rec Swim

- All ages. Children, 13 years of age and younger **MUST** be accompanied by an adult in the water who is actively engaged with the child’s activity, or must pass a swim test administered by the lifeguard. Please see Swim Testing Policy flyer for details. (May be used for additional programming if needed.)

Whirlpool/Hot Tub

- For your child’s health and safety, and due to Health Dept Regulations, those under 7 are **NOT** allowed. **NO EXCEPTIONS!** Those under 15 must be accompanied by and adult in the whirlpool.

*If you are bringing in a group of 10 or more, prior arrangements must be made with Aquatics Department.

Lap

- There will always be at least one lap lane available. 12 years of age or older recommended, Adults have priority at discretion of lifeguard. Must swim laps; this is not a recreational swim time. Must be FISH level or above (150 yards continuous swim), pass lap swimming test administered by a lifeguard (May be used for additional programming if needed.)

Other Programs & Lap*

- Number of lanes will be determined by program size/number of participants. At least 1 lane is available during these times. All lap rules apply (see above).

Adult Lap

- 18 years of age and older desiring to improve their fitness and skills. During Lap Swim times, when 2 or more swimmers are in one lane, circle swimming is required!

*No inflatable devices of any kind unless US Coast Guard approved.

NOTE: This pool can accommodate up to 4-6 swimmers per lane, PLEASE SHARE THE SPACE!

**NO SHOES IN SHOWERS OR ON POOL DECK—PLEASE DRY OFF ON TILED AREA AND USE THE SUIT DRYERS
SOAP SHOWERS REQUIRED PRIOR TO ENTERING THE POOL AND THE WHIRLPOOL**

Schedule effective January 1st—March 29th, 2009

We reserve the right to change the schedule without notice due to special events, training, class needs and maintenance.