

# January Pool Schedule

**Schedule Effective  
January 1st**

| Water Temp: Main Pool 83 degrees Therapy Pool 95 degrees    Phone: 883-4567    (#) = Lane Availability |  |  |  |  |  |   |        |
|--|--|--|--|--|--|---|--------|
| Time   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY |
| 6:00   | 6-8<br>Lap Swim (6)<br>Open Swim (2)<br>Therapy Pool Open            | 6-8<br>Lap Swim (6)<br>Open Swim (2)<br>Therapy Pool Open            | 6-8<br>Lap Swim (6)<br>Open Swim (2)<br>Therapy Pool Open            | 6-8<br>Lap Swim (6)<br>Open Swim (2)<br>Therapy Pool Open            | 6-8<br>Lap Swim (6)<br>Open Swim (2)<br>Therapy Pool Open        | CLOSED  | CLOSED |
| 7:00   |  |  |  |  |  | CLOSED  | CLOSED |
| 8:00   | 8-9<br>Lap Swim (4)<br>Aqua Aerobics (4)<br>Therapy Pool Open        | 8-9<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 8-9<br>Lap Swim (4)<br>Aqua Aerobics (4)<br>Therapy Pool Open        | 8-9<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 8-9<br>Lap Swim (4)<br>Aqua Aerobics (4)<br>Therapy Pool Open    | CLOSED  | CLOSED |
| 9:00   | 9-10<br>Lap Swim (4)<br>Open Swim (4)<br>AquaTherapy                 | 9-10<br>Lap Swim (4)<br>Open Swim (4)<br>Mens Aqua Therapy           | 9-10<br>Lap Swim (4)<br>Open Swim (4)<br>AquaTherapy                 | 9-10<br>Lap Swim (4)<br>Open Swim (4)<br>Mens Aqua Therapy           | 9-10<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open       | CLOSED  | CLOSED |
| 10:00  | 10-11<br>Lap Swim (4)<br>Aqua Fit (4)<br>Therapy Pool Open           | 10-11<br>Lap Swim (4)<br>Open Swim (4)<br>Womens<br>AquaTherapy      | 10-11<br>Lap Swim (4)<br>Aqua Fit (4)<br>Therapy Pool Open           | 10-11<br>Lap Swim (4)<br>Open Swim (4)<br>Womens<br>AquaTherapy      | 10-11<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool<br>Closed | 10a-5p<br>Lap Swim<br>(4)<br>Open Swim<br>(4)<br>Therapy<br>Pool Open | CLOSED |
| 11:00  | 11-12<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open          | 11-12<br>Lap Swim (4)<br>Aqua Fit (4)<br>Aqua Therapy                | 11-12<br>Lap Swim (4)<br>Open Swim (4)                               | 11-12<br>Lap Swim (4)<br>Aqua Fit (4)<br>Aqua Therapy                | 11-12<br>Lap Swim (4)<br>Open Swim (4)                           |   | CLOSED |
| 12:00  | 12-1<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open           | 12-1<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open           | 12-1<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open           | 12-1<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open           | 12-1<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open       |   | CLOSED |
| 1:00   | 1-2<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 1-2<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 1-2<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 1-2<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 1-2<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open        |   | CLOSED |
| 2:00   | 2-3<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 2-3<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 2-3<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 2-3<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | Closed   | CLOSED  |        |
| 3:00   | 3-4<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 3-4<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 3-4<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | 3-4<br>Lap Swim (4)<br>Open Swim (4)<br>Therapy Pool Open            | Closed   | CLOSED  |        |
| 4:00   | 4-5<br>Swim Team (4)<br>Lap Swim (2)<br>Therapy Pool Open            | 4-5<br>Swim Team (4)<br>Lap Swim (2)<br>Aqua Therapy                 | 4-5<br>Swim Team (4)<br>Lap Swim (2)<br>Therapy Pool Open            | 4-5<br>Swim Team (4)<br>Lap Swim (2)<br>Aqua Therapy                 | 4-5<br>Swim Team (8)<br>Closed to Public                         | CLOSED  |        |
| 5:00   | 5-6<br>Swim Team (4)<br>Lap Swim (4)<br>Therapy Pool Open            | 5-6<br>Swim Team (4)<br>Lap Swim (4)<br>Aqua Therapy                 | 5-6<br>Swim Team (4)<br>Lap Swim (4)<br>Therapy Pool Open            | 5-6<br>Swim Team (4)<br>Lap Swim (4)<br>Aqua Therapy                 | 5-6<br>Swim Team (8)<br>Closed to Public                         | CLOSED  |        |
| 6:00   | 6-7<br>Lap Swim (4)<br>High School Swim<br>Team<br>Therapy Pool Open | 6-7<br>Lap Swim (4)<br>High School Swim<br>Team<br>Therapy Pool Open | 6-7<br>Lap Swim (4)<br>High School Swim<br>Team<br>Therapy Pool Open | 6-7<br>Lap Swim (4)<br>High School Swim<br>Team<br>Therapy Pool Open | Closed<br>High School Swim<br>Team                               | CLOSED  | CLOSED |

\*During lap swim, lap lane(s) may be used for private/group swim lessons.

Shower Policy will be enforced-take a Cleansing Shower before entering the pools.

## **OPEN SWIM HOURS**

**Mon-Thurs 12 pm-4 pm**

**Fri 6 am-2 pm**

**Sat 10 am- 5 pm**

**Sun Closed**



## **LAP SWIM Etiquette**

Lap Swim is for swimmers 14 & older. Please abide by the lap swim etiquette sign. When crowded, swim a circle pattern in the CORRECT speed designated lane.

**Private/Group Swim Lessons may occur during lap swim times.**

## **Private Swim Lessons**

Private lessons are perfect for individuals looking to learn to swim or improve their technique.

We provide lessons for all ages and abilities.

Single Private (1 student), Semi Private (2 students MAX),

Lessons are \$1 a minute. Most are 30 minutes.

*Fill out a Private Lesson Info/Waiver form if you are interested (available @ the front desk).*

## **LAP SWIM HOURS:**

**See front grid for lap swim times.**

**Look for our next session of swim lessons starting in January!!**

*Don't forget to check out our dry land programming!*

