



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE – Effective Feb. 6, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed	6 am - 8 am Open Lap Swim	6 am - 10 am Open Lap Swim	6 am - 8 am Open Lap Swim	6 am - 10 am Open Lap Swim	6 am - 10 am Open Lap Swim	Pool Closed
	8:15 - 9 am Water Aerobics 2 Lap Lanes Open		8:15 - 9 am Hydro-Box 2 Lap Lanes Open			
	9 am - 11 Pool Closed	9:00-10:00 AM Deep Water Aerobics 2 Lap Lanes Open	9 am - 10 am Open Lap Swim	9:00-10:00 AM Deep Water Aerobics 2 Lap Lanes Open	9:15-10:00 Water Aerobics 2 Lap Lanes Open	
	10 am - 11 Pool Closed	10 am - 11 Pool Closed	10 am - 11 Pool Closed	10 am - 11 Pool Closed	10 am - 11 Pool Closed	
	11 - 1:30 pm Open Lap Swim	11 - 1:30 pm Open Lap Swim	11 - 1:30 pm Open Lap Swim	11 - 1:30 pm Open Lap Swim	11 - 1:30 pm Open Lap Swim	
1:15 - 4 pm Lap Swim	1:30 - 2:30 Pool Closed	1:30 - 2:30 Pool Closed	1:30 - 2:30 Pool Closed	1:30 - 2:30 Pool Closed		
	2:30 - 4 pm PO-HI Swim Team	2:30 - 4 pm PO-HI Swim Team	2:30 - 4 pm PO-HI Swim Team	2:30 - 4 pm PO-HI Swim Team	2:30 - 4 pm PO-HI Swim Team	
Pool Closed	4:00-5:30 Sailfish Swim Team Practice	4:00-5:30 Sailfish Swim Practice	4:00-5:30 Sailfish Swim Practice	4:00-5:30 Sailfish Swim Practice	4:00-5:30 Sailfish Swim Practice	Pool Closed
	6:00 pm - 7:00pm Water Aerobics 2 Lap Lanes Open	5:30 - 8 pm Open Lap Swim	6:00 pm-7:00 pm Deep Water Aerobics 2 Lap Lanes Open	5:30 - 8 pm Open Lap Swim	5:30 - 7 pm Open Lap Swim	
	7:00 - 8 pm Open Lap Swim		7 - 8 pm Open Lap Swim		Pool Closed	
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	

Pool Policies

Everyone under 18 years of age must be swim tested!

There are three categories of swimmers:

Non-Swimmer- Red Band

Intermediate Swimmer- Yellow Band

Advanced Swimmer- Green Band

Red and Yellow banded swimmers are to have access to the family pool ONLY.

Green banded swimmers have full access to both the family pool and lap pool.

No jumping off of elevated pool sides

No running

No horseplay

No harassment of any kind

No food or drink is allowed in any pool area

Please remember to provide your own towel

Entries to the pool area are through the locker rooms only