

# AQUATICS

## FITNESS POOL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00								5:00
5:30					Adult Only Swim 5:00 - 7:00			5:30
6:00		Adult Only Swim 5:00 - 8:30		Adult Only Swim 5:00 - 8:30		Adult Only Swim 5:00 - 8:30		6:00
6:30								6:30
7:00	Adult Only Swim 7:00 - 12:00				Hydro-Fit 7:00 - 8:00		Adult Only Swim 7:00 - 9:00	7:00
7:30								7:30
8:00		Water Works 8:30 - 9:30		Water Works 8:30 - 9:30		Water Works 8:30 - 9:30		8:00
8:30								8:30
9:00	Adult Only Swim 7:00 - 12:00	Adult Only Swim 9:30 - 11:00	Adult Only Swim 5:00 - 3:00	Adult Only Swim 9:30 - 11:00		Adult Only Swim 9:30 - 11:00	*RESERVED* Swim Lessons 9:00 - 12:00	9:00
9:30								9:30
10:00		Aqua Therex 11:00 - 12:00		Aqua Therex 11:00 - 12:00	Adult Only Swim 8:00 - 3:00	Aqua Therex 11:00 - 12:00		10:00
10:30								10:30
11:00								11:00
11:30								11:30
12:00								12:00
12:30								12:30
1:00	Family Swim 12:00 - 7:00	Adult Only Swim 12:00 - 3:00		Adult Only Swim 12:00 - 3:00		Adult Only Swim 12:00 - 3:00	Family Swim 12:00 - 7:00	1:00
1:30								1:30
2:00	NO LIFEGUARD		Pool Shared with	Campers when Camp in Session*			NO LIFEGUARD	2:00
2:30				M-F 2:00 - 3:00				2:30
3:00	12:00 - 1:00 Pool may be in use for birthday parties.	*RESERVED* Swim Lessons 3:00 - 5:30	*RESERVED* NCC Lessons 3:00 - 4:00	*RESERVED* Swim Lessons 3:00 - 5:30	*RESERVED* Swim Lessons 3:00 - 5:30	*RESERVED* Swim Lessons & NCC Lessons 3:00 - 5:30	12:00 - 1:00 Pool may be in use for birthday parties.	3:00
3:30			*RESERVED* Swim Lessons 4:00 - 5:30				Check with front or back desk for birthday party schedule.	3:30
4:00	Check with front or back desk for birthday party schedule.							4:00
4:30		Shallow Deep Cardio 5:30 - 6:30	Hydro-Fit 5:30 - 6:30	Shallow Deep Cardio 5:30 - 6:30	Hydro-Fit 5:30 - 6:30			4:30
5:00								5:00
5:30		Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 5:30-8:00 NO LIFEGUARD		5:30
6:00								6:00
6:30		NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD		Adult Only Swim 7:00 - 8:00	6:30
7:00	Adult Only Swim 7:00 - 8:00							7:00
7:30								7:30
8:00		Moonlight Swim 8:00 - 9:00	Adult Only Swim 8:00 - 9:00	Moonlight Swim 8:00 - 9:00	Adult Only Swim 8:00 - 9:00	Moonlight Swim 8:00 - 9:00		8:00
8:30								8:30

### Family Swim

Open to all ages. Children under 14 years must be accompanied by an adult. No lifeguard is on duty.

### Water Fitness Classes

Descriptions of water fitness classes are available on the group exercise handout. The pool is reserved exclusively for class participants during these times.

**Fitness Pool Temperature: 87°F**

### Children's Spa Usage

**Children must be potty trained to use the spa.** Children under 14 are permitted in the spa with a parent during Family Swim, Lifeguard Swim or for 5 minutes following lessons. Children must have a parent within arms reach and may not go unsupervised in the spa. Spa time is limited to 5 minutes and children must sit quietly. No toys are permitted.

\*Signage will be posted at pool in advance of camp sessions.



# LAP POOL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00			F.A.S.T. D.A.C. (4 lanes)		F.A.S.T. D.A.C. (4 lanes)			5:00
5:30			5:15 - 6:45		5:15 - 6:45			5:30
6:00								6:00
6:30								6:30
7:00							Adult Only Swim 7:00 - 8:00	7:00
7:30								7:30
8:00		Adult Only Lap Swim 5:00 - 12:00		Adult Only Lap Swim 5:00 - 12:00		Adult Only Lap Swim 5:00 - 12:00	F.A.S.T. D.A.C. (4 lanes) 8:00 - 9:30	8:00
8:30								8:30
9:00	Adult Only Lap Swim 7:00 - 12:00							9:00
9:30								9:30
10:00			Adult Only Lap Swim 6:45 - 4:00		Adult Only Lap Swim 6:45 - 4:00		Adult Only Lap Swim 9:30 - 12:00	10:00
10:30								10:30
11:00								11:00
11:30								11:30
12:00		F.A.S.T. D.A.C. (4 lanes) 12:00 - 1:00		F.A.S.T. D.A.C. (4 lanes) 12:00 - 1:00		F.A.S.T. D.A.C. (4 lanes) 12:00 - 1:00		12:00
12:30								12:30
1:00								1:00
1:30								1:30
2:00	Family Lap Swim 12:00 - 7:00  (2 lanes)	Adult Only Lap Swim 1:00 - 4:00		Adult Only Lap Swim 1:00 - 4:00		Adult Only Swim* 1:00 - 5:30	Family Lap Swim 12:00 - 7:00  (2 lanes)	2:00
2:30								2:30
3:00								3:00
3:30								3:30
4:00	NO LIFEGUARD	Youth Swim Team (2-3 lanes) 4:00 - 5:15	Youth Swim Team (2-3 lanes) 4:00 - 5:15	Youth Swim Team (2-3 lanes) 4:00 - 5:15	Youth Swim Team (2-3 lanes) 4:00 - 5:15		NO LIFEGUARD	4:00
4:30								4:30
5:00								5:00
5:30		Adult Only Swim* 5:15 - 6:30	Adult Only Swim* 5:15 - 6:30	Adult Only Swim* 5:15 - 6:30	Adult Only Swim* 5:15 - 6:30			5:30
6:00								6:00
6:30		Family Lap Swim 6:30-8:00 NO LIFEGUARD	Family Lap Swim 6:30-8:00 NO LIFEGUARD	Family Lap Swim 6:30-8:00 NO LIFEGUARD	Family Lap Swim 6:30-8:00 NO LIFEGUARD	Family Lap Swim 5:30-8:00 NO LIFEGUARD		6:30
7:00	Adult Only Swim 7:00 - 8:00						Adult Only Swim 7:00 - 8:00	7:00
7:30								7:30
8:00		Moonlight Swim 8:00 - 9:00	Adult Only Swim 8:00 - 9:00	Moonlight Swim 8:00 - 9:00	Adult Only Swim 8:00 - 9:00	Moonlight Swim 8:00 - 9:00		8:00
8:30								8:30

## F.A.S.T. DAC

Coached workouts designed to improve all aspects of conditioning and stroke technique for lap swimmers, triathletes and competitive swimmers. All four lanes will offer different speeds and intervals. Pace work, threshold training and stroke work are regularly utilized. Team travels to competitions for open water and pool races.

## Adult Only Lap Swim

Available to members 14 years and older. During busy times, lap swimmers must circle swim to accommodate 3 or more swimmers per lane.

Lap Pool Temperature: 81.5°F

## Family Lap Swim

Two lanes of the lap pool are available for children 5-13 years old wanting to lap swim with parental supervision. This space is intended for lap swimming only. No lifeguard is on duty.

## Swim Lesson and Swim Team

**\*Two lanes of the lap pool may be used Monday through Friday between 3 - 5:30 p.m. for youth swim instruction. Two to three lanes are also used between 4:00-5:15 p.m. for DAC Swim Team, Monday through Thursday.**

