

# AQUATICS

## FITNESS POOL

|       | SUNDAY  | MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY   | SATURDAY  |       |
|-------|---|---|---|---|---|--|---|-------|
| 5:00  |   |   | Adult Only Swim<br>5:00 - 6:00            |   | Adult Only Swim<br>5:00 - 6:00            |  |   | 5:00  |
| 5:30  |   |   |   |   |   |  |   | 5:30  |
| 6:00  |   |   | Hydro-Fit<br>6:00 - 7:00                  |   | Hydro-Fit<br>6:00 - 7:00                  |  |   | 6:00  |
| 6:30  |   | Adult Only Swim<br>5:00 - 8:30            |   | Adult Only Swim<br>5:00 - 8:30            |   | Adult Only Swim<br>5:00 - 8:30                             |   | 6:30  |
| 7:00  |   |   |   |   |   |  | Adult Only Swim<br>7:00 - 9:00                                      | 7:00  |
| 7:30  |   |   |   |   |   |  |   | 7:30  |
| 8:00  |   |   |   |   |   |  |   | 8:00  |
| 8:30  |   | Water Works<br>8:30 - 9:30                |   | Water Works<br>8:30 - 9:30                |   | Water Works<br>8:30 - 9:30                                 |   | 8:30  |
| 9:00  | Adult Only Swim<br>7:00 - 12:00                                     |   |   |   |   |  |   | 9:00  |
| 9:30  |   | Adult Only Swim<br>9:30 - 11:00           |   | Adult Only Swim<br>9:30 - 11:00           |   | Adult Only Swim<br>9:30 - 11:00                            |   | 9:30  |
| 10:00 |   |   | Adult Only Swim<br>7:00 - 3:00            |   | Adult Only Swim<br>7:00 - 3:00            |  | *RESERVED*<br>Swim Lessons<br>9:00 - 12:00                          | 10:00 |
| 10:30 |   |   |   |   |   |  |   | 10:30 |
| 11:00 |   | Aqua Therex<br>11:00 - 12:00              |   | Aqua Therex<br>11:00 - 12:00              |   | Aqua Therex<br>11:00 - 12:00                               |   | 11:00 |
| 11:30 |   |   |   |   |   |  |   | 11:30 |
| 12:00 |   |   |   |   |   |  |   | 12:00 |
| 12:30 |   |   |   |   |   |  |   | 12:30 |
| 1:00  | Family Swim<br>12:00 - 7:00   | Adult Only Swim<br>12:00 - 3:00           |   | Adult Only Swim<br>12:00 - 3:00           |   | Adult Only Swim<br>12:00 - 3:00                            | Family Swim<br>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<br>Pool may be in<br>use for birthday<br>parties.      |   | *RESERVED*<br>NCC Lessons<br>3:00 - 4:00  |   | *RESERVED*<br>Swim Lessons<br>3:00 - 5:30 | *RESERVED*<br>Swim Lessons &<br>NCC Lessons<br>3:00 - 5:30 | 12:00 - 1:00<br>Pool may be in<br>use for birthday<br>parties.      | 3:00  |
| 3:30  |   | *RESERVED*<br>Swim Lessons<br>3:00 - 5:30 |   | *RESERVED*<br>Swim Lessons<br>3:00 - 5:30 | *RESERVED*<br>Swim Lessons<br>3:00 - 5:30 | *RESERVED*<br>Swim Lessons &<br>NCC Lessons<br>3:00 - 5:30 |   | 3:30  |
| 4:00  |   |   | *RESERVED*<br>Swim Lessons<br>4:00 - 5:30 |   |   |  | Check with front<br>or back desk for<br>birthday party<br>schedule. | 4:00  |
| 4:30  | Check with front<br>or back desk for<br>birthday party<br>schedule. |   |   |   |   |  |   | 4:30  |
| 5:00  |   |   |   |   |   |  |   | 5:00  |
| 5:30  |   | Shallow Deep<br>Cardio 5:30 - 6:30        | Hydro-Fit<br>5:30 - 6:30                  | Shallow Deep<br>Cardio 5:30 - 6:30        | Hydro-Fit<br>5:30 - 6:30                  |  |   | 5:30  |
| 6:00  |   |   |   |   |   | Family Swim<br>5:30-8:00<br>NO LIFEGUARD                   |   | 6:00  |
| 6:30  |   | Family Swim<br>6:30-8:00                  | Family Swim<br>6:30-8:00                  | Family Swim<br>6:30-8:00                  | Family Swim<br>6:30-8:00                  |  |   | 6:30  |
| 7:00  | Adult Only Swim<br>7:00 - 8:00                                      | NO LIFEGUARD                              | NO LIFEGUARD                              | NO LIFEGUARD                              | NO LIFEGUARD                              |  | Adult Only Swim<br>7:00 - 8:00                                      | 7:00  |
| 7:30  |   |   |   |   |   |  |   | 7:30  |
| 8:00  |   | Moonlight Swim<br>8:00 - 9:00             | Adult Only Swim<br>8:00 - 9:00            | Moonlight Swim<br>8:00 - 9:00             | Adult Only Swim<br>8:00 - 9:00            | Moonlight Swim<br>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.<br>(4 lanes)                  |   | F.A.S.T. D.A.C.<br>(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<br>7:00 - 8:00                   | 7:00  |
| 7:30  |  |   |   |   |   |  |  | 7:30  |
| 8:00  |  | Adult Only Lap<br>Swim<br>5:00 - 12:00        |   | Adult Only Lap<br>Swim<br>5:00 - 12:00        |   | Adult Only Lap<br>Swim<br>5:00 - 12:00       | F.A.S.T. D.A.C.<br>(4 lanes)<br>8:00 - 9:30      | 8:00  |
| 8:30  |  |   |   |   |   |  |  | 8:30  |
| 9:00  | Adult Only Lap<br>Swim<br>7:00 - 12:00           |   |   |   |   |  |  | 9:00  |
| 9:30  |  |   |   |   |   |  |  | 9:30  |
| 10:00 |  |   | Adult Only Lap<br>Swim<br>6:45 - 4:00         |   | Adult Only Lap<br>Swim<br>6:45 - 4:00         |  | Adult Only Lap<br>Swim<br>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.<br>(4 lanes)<br>12:00 - 1:00  |   | F.A.S.T. D.A.C.<br>(4 lanes)<br>12:00 - 1:00  |   | F.A.S.T. D.A.C.<br>(4 lanes)<br>12:00 - 1:00 |  | 12:00 |
| 12:30 |  |   |   |   |   |  |  | 12:30 |
| 1:00  |  |   |   |   |   |  |  | 1:00  |
| 1:30  |  |   |   |   |   |  |  | 1:30  |
| 2:00  | Family Lap Swim<br>12:00 - 7:00<br><br>(2 lanes) | Adult Only Lap<br>Swim<br>1:00 - 4:00         |   | Adult Only Lap<br>Swim<br>1:00 - 4:00         |   |  | Family Lap Swim<br>12:00 - 7:00<br><br>(2 lanes) | 2:00  |
| 2:30  |  |   |   |   |   | Adult Only Swim*<br>1:00 - 5:30              |  | 2:30  |
| 3:00  |  |   |   |   |   |  |  | 3:00  |
| 3:30  |  |   |   |   |   |  |  | 3:30  |
| 4:00  | NO LIFEGUARD                                     | Youth Swim Team<br>(2-3 lanes)<br>4:00 - 5:15 | Youth Swim Team<br>(2-3 lanes)<br>4:00 - 5:15 | Youth Swim Team<br>(2-3 lanes)<br>4:00 - 5:15 | Youth Swim Team<br>(2-3 lanes)<br>4:00 - 5:15 |  | NO LIFEGUARD                                     | 4:00  |
| 4:30  |  |   |   |   |   |  |  | 4:30  |
| 5:00  |  |   |   |   |   |  |  | 5:00  |
| 5:30  |  | Adult Only Swim*<br>5:15 - 6:30               | Adult Only Swim*<br>5:15 - 6:30               | Adult Only Swim*<br>5:15 - 6:30               | Adult Only Swim*<br>5:15 - 6:30               |  |  | 5:30  |
| 6:00  |  |   |   |   |   |  |  | 6:00  |
| 6:30  |  | Family Lap Swim<br>6:30-8:00<br>NO LIFEGUARD  | Family Lap Swim<br>6:30-8:00<br>NO LIFEGUARD  | Family Lap Swim<br>6:30-8:00<br>NO LIFEGUARD  | Family Lap Swim<br>6:30-8:00<br>NO LIFEGUARD  | Family Lap Swim<br>5:30-8:00<br>NO LIFEGUARD |  | 6:30  |
| 7:00  | Adult Only Swim<br>7:00 - 8:00                   |   |   |   |   |  | Adult Only Swim<br>7:00 - 8:00                   | 7:00  |
| 7:30  |  |   |   |   |   |  |  | 7:30  |
| 8:00  |  | Moonlight Swim<br>8:00 - 9:00                 | Adult Only Swim<br>8:00 - 9:00                | Moonlight Swim<br>8:00 - 9:00                 | Adult Only Swim<br>8:00 - 9:00                | Moonlight Swim<br>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.**