



POOL SCHEDULE

Competitive Pool Winter II February 25th – April 20th *this schedule is subject to change						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reservation Required Lap Swim 5:00-9:00 8 Lanes open	Masters Swim 5:45-7:00 uses 7 1 Lane open	Reservation Required Lap Swim 5:00-9:00 8 Lanes open	Masters Swim 5:45-7:00 uses 7 1 Lane open	Reservation Required Lap Swim 5:00-9:00 8 Lanes open	Reservation Required Lap Swim 6:00-6:45 8 Lanes open	
	Reservation Required Lap Swim 7:00-9:00 8 Lanes open		Reservation Required Lap Swim 7:00-9:00 8 Lanes open		Masters Swim 6:45-8:00 uses 7 1 Lane open	
Aqua Challenge 9:00-9:50 uses 5 3 Lanes Open	Aqua Running & Challenge 9:00-9:50 uses 5 3 Lanes open	Aqua Challenge 9:00-9:50 uses 5 3 Lanes open	Aqua Running & Strength 9:00-9:50 uses 5 3 Lanes open	Aqua Challenge 9:00-9:50 uses 5 3 Lanes open	Reservation Required Lap Swim 8:00-3:00 8 Lanes open	Reservation Required Lap Swim 9:00-3:00 8 Lanes open
Reservation Required Lap Swim 10:00-3:00 8 Lanes open	Reservation Required Lap Swim 10:00-3:00 8 Lanes open	Reservation Required Lap Swim 10:00-3:00 8 Lanes open	Reservation Required Lap Swim 10:00-3:00 8 Lanes open	Reservation Required Lap Swim 10:00-3:00 8 Lanes open		
Reservation Required Lap Swim 3:30-5:30 8 Lanes open	Reservation Required Lap Swim 3:30-5:30 8 Lanes open	Reservation Required Lap Swim 3:30-5:30 8 Lanes open	Reservation Required Lap Swim 3:30-5:30 8 Lanes open	Reservation Required Lap Swim 3:30-6:30 8 Lanes open		Log Rolling 2:30-3:15 uses 2 6 Lanes open
Swim Lessons uses 1 5:30-7:30 7 lanes open	Aqua Running & Challenge 5:30-6:20 uses 4 4 Lanes open	Adaptive Lessons uses 1 Shark Swim Team Uses 2 5:30-6:30 5 Lanes open	Logrolling Uses 2 5:30-6:30 6 lanes open			
	Swim Lessons uses 1 6:30-7:30 7 lanes open	Shark Swim Team Uses 8 6:30-8:00 0 Lanes Open	Swim Lessons uses 2 Logrolling Uses 2 6:30-7:30 4 lanes open			

Saturday March 23rd 9:00-5:00p Special Olympics Swim Meet

Saturday April 6th 12:00-2:00p Stillwater Scuba *Limited Open Swim

Saturday April 13th 12:00-3:00p Stillwater Scuba *Limited Open Swim

Sunday April 14th 9:30a-12:30p Stillwater Scuba *Limited Open Swim



POOL SCHEDULES

Therapy Pool Winter II February 25th – April 20th *This schedule is subject to change						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Challenge 5:30-6:20	Open Swim 5:00-10:00	Aqua Challenge 5:30-6:20	Open Swim 5:00-9:30	Aqua Challenge 5:30-6:20	Open Swim 6:00-7:30	
Open Swim 6:20-8:00	Aqua Strength 10:00-10:30	Open Swim 6:20-10:45	AOA Aqua Boogie 9:30-10:15	Open Swim 6:20-9:00	Aqua Challenge 7:30-8:15	Open Swim 9:00-3:00
AOA Aqua Fusion 8:00-8:45	AOA Aqua Fusion 10:45-11:30	Aqua Strength 10:45-11:15	Aqua Challenge 10:30-11:15	Swim Lessons 9:00-10:30 *No open swim	Open Swim 8:15-9:00	
Open Swim 8:45-11:00	Open Swim 11:30-12:30	AOA Aqua Fusion 11:30-12:15	Aqua Yoga 11:30-12:00	AOA Aquamotion 10:30-11:15	Swim lessons 9:00-11:15 *Limited open swim	
AOA Aquamotion 11:00-11:45	AOA Aqua Boogie 12:30-1:15	AOA Aquamotion 12:30-1:15	Open Swim 12:00-3:30	Open Swim 11:15-6:30	Open Swim 11:15-3:00	
Open Swim 11:45-4:25	Open Swim 1:15-4:25	Open Swim 1:15-4:00	Swim Lessons 3:30-4:00 *No open swim			
Swim lessons 4:25-7:15 *Limited open swim	Swim lessons 4:25-6:45 *Limited open swim	Adaptive lessons 4:00-6:30 *No open swim	Swim lessons 4:25-7:15 *Limited open swim			Swim lessons 3:00-5:15 *No open swim
	Aqua Yoga 6:45-7:15					

Family Pool Winter 2 February 25th — April 20th *this schedule is subject to change						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Child Care 9:00-9:45	Child Care 9:00-9:45	Child Care 9:00-9:45		Open Swim 9:00-12:00	
	Open Swim 9:45-11:30	Open Swim 9:45-11:30	Open Swim 9:45-11:30			
River Resistance (LAZY RIVER) 10:00-10:30	River Resistance (LAZY RIVER) 11:45-12:15	River Resistance (LAZY RIVER) 10:00-10:30			Open Swim 4:00-6:30	
Child Care 3:30-4:00	Child Care 3:30-4:00		Child Care 3:30-4:00			
Open Swim 4:00-6:30	Open Swim 4:00-6:30		Open Swim 4:00-6:30			

Age policy

- All children age 7 and under must have an adult in the water within arm’s reach actively supervising the child. If wearing a USCG approved Life-Jacket OR passed swim test, adult must be within communication distance (at pool’s edge).
- Any child age 7 and under wishing to swim in water over chest deep must pass a swim test each time they come in to swim.
- Any child between the age of 8 and 12 wishing to swim in water over chest deep must pass the swim test to receive a wrist band and may have their picture taken at member services (if active members).
- Lifeguards reserve the right to swim test any patron in the pool wishing to swim in water over chest deep.

Swim Test

- Child must jump into water over their head resurface and swim 15 yards with a strong forward stroke on their stomach. Arms must come out of the water. Swim without stopping or touching the bottom turn around and swim back to the wall.
- Tread water for 30 seconds keeping head above water the entire time.
- Climb out of the pool.