



**2019**



**Jan 7 - Feb 17 POOL SCHEDULE**  
 Schedule subject to change at any time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Lap Swim/ Water Movement 5:30 am -7:55 am	Lap Swim/ Water Movement 5:30-7:55am Aqua Aerobics 6:00-6:55	Lap Swim/ Water Movement 5:30 am -7:55 am	Lap Swim/ Water Movement 5:30-7:55am Aqua Aerobics 6:00-6:55	Lap Swim/ Water Movement 5:30-7:55am Aqua Aerobics 6:00-6:55	<b>CLOSED</b>	<b>CLOSED</b>	<b>POOL RULES</b> All kids under the age of 12 must be able to pass a swim test to be at the pool without an adult. Child 9 and under must be accompanied by an adult at all times. If unable to pass the swim test a guardian must be in the water no more than arms length away.
Core Conditioning 8:00-8:55	Lite Aquacise 8:00-8:55	Core Conditioning 8:00-8:55	Lite Aquacise 8:00-8:55	Core Conditioning 8:00-8:55	Rental 8:00-8:55	Rental 8:00-8:55	
Power Hour 9:00-9:55	Power Hour 9:00-9:55	Power Hour 9:00-9:55	Power Hour 9:00-9:55	Power Hour 9:00-9:55	Rental 9:00-9:55	Rental 9:00-9:55	
Joints in Motion/ Deep Plunge 10:00-10:55	Volleyball 10:00-10:55	Joints in Motion/ Deep Plunge 10:00-10:55	Volleyball 10:00-10:55	Deep 2 Shallow 10:00-10:55	Rental 10:00-10:55	Rental 10:00-10:55	
Ai Chi 11:00-11:55	SCDC Lesson 11:00-11:30 Swim Lessons/ *Water Movement (deep end only) 11:30-12:00	Yogalates 11:00-11:55	SCDC Lesson 11:00-11:30 Swim Lessons/ *Water Movement (deep end only) 11:30-12:00	SCDC Lessons 11:00-11:55	Rental 11:00 a -11:55 a	Rental 11:00 a -11:55 a	<b>** No 1:00 om Open Swim <u>January 18th</u> due to Kiwanis Swim Lesson**</b>
Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water 12:00-12:55	<b>** Note**</b> Water Movement during Swim Lessons: Lesson kids may practice diving in the deep end during this time.
Kiwanis Swim Lesson 1:00 p-1:55 p	Kiwanis Swim Lesson 1:00 p-1:55 p	Kiwanis Swim Lesson 1:00 p-1:55 p	Kiwanis Swim Lesson 1:00 p-1:55 p	Open Swim 1:00-1:55 (\$2.00) <b>**No Open Swim Jan. 18th**</b>	Open Swim 1:00 p -2:55 p	Open Swim 1:00 p -3:55 p	
Senior/ Therapy Time 2:00-3:15	Senior/ Therapy Time 2:00-2:55	Senior/ Therapy Time 2:00-3:15	Senior/ Therapy Time 2:00-2:55	Senior/ Therapy Time 2:00-3:15	<b>Office Only</b>	Rental	<b>Pool Closed</b> <b>Monday Jan. 21st</b> (Martin Luther King Day)
SHS/CHS Swim Team 3:30 p -5:00 p	SHS/CHS Swim Team 3:30 p -5:15 p	SHS/CHS Swim Team 3:30 p -5:00 p	SHS/CHS Swim Team 3:30 p -5:15 p	SHS/CHS Swim Team 3:30 p -5:00 p	<b>3:00-3:55</b>	4:00 p -4:55 p	
Manta Ray Swim Team 5:00 p - 6:55 p	Swim Lessons/ * Water Movement (deep end only) 5:30p-7:00pm	Manta Ray Swim Team 5:00 p - 6:55 p	Swim Lessons/ * Water Movement (deep end only) 5:30pm-7:00pm	Manta Ray Swim Team 5:00 p - 6:55 p	Open Swim 4:00 p -6:55 p	Rental 5:00 p -6:00 p	
Lap Swim/ Water Movement 7:00 p - 7:55 p	Aqua Aerobic/ Swim Team/ Lap Swim (1 lane) 7:00p-7:55p	Lap Swim/ Water Movement 7:00 p - 7:55 p	Aqua Aerobic/ Swim Team/ Lap Swim (1 lane) 7:00p-7:55p	Open Swim 7:00 p-7:55 p \$2.00	Rental	Rental	