



POOL SCHEDULES

Therapy Pool Spring 4/18-6/11 *this schedule is subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Bootcamp 5:30-6:15	Pool Closed 5am-6am	Aqua Bootcamp 5:30-6:15	Open Swim 5:00-8:00	Aqua Bootcamp 5:30-6:15	Open Swim 6:00-8:30
	Open Swim 6:15-8:00	Open Swim 6:00-12:30	Open Swim 6:15-10:00	Aqua Fitness 8:00-8:45	Open Swim 6:15-9:00	Swim lessons 8:30-11:30 No open swim
Open Swim 9:00-5:30	Aqua Fitness 8:00-8:45			Aqua Strength 10-10:30 1/2 pool open swim	Swim Lessons 9:00-11:30 very limited open swim	
	AOA Aqua Fitness 10:00-10:45		Open Swim 10:30-11:15			
	Open Swim 10:45-11:15					
	AOA Joint Movement 11:15-12:00		AOA Joint Movement 11:15-12:00	Pool Closed 11:30-12:30	AOA Joint Movement 11:15-12:00	
	*Open Swim 12:00-4:25		AOA Aqua Boogie 12:30-1:15	AOA Aqua Fitness 12:15-1:00	AOA Aqua Boogie 12:30-1:15	AOA Aqua Fitness 12:15-1:00
Swim lessons 4:25-7:15 No open swim	Open Swim 1:15-4:25		Open Swim 1:15-4:00	Swim lessons 2:00-7:15 *No open swim	Open Swim 1:00-3:30	
	Open Swim 7:15-8:30	Open Swim 7:15-8:30	Pool Closed 6:30-8:30	Open Swim 7:15-8:30	Open Swim 4:00-7:30	

Therapy Pool Closed

Tuesday April 26th 11:15-12:30 Saturday April 30th all day

Family Pool Spring 4/18-6/11 *this schedule is subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Child Care 9:00-9:45	Child Care 9:00-9:45	Child Care 9:00-9:45		Open Swim 9:00-11:30
		River Challenge 10:40-11:10	Open Swim 9:45-11:30	River Challenge 9:15-9:45		
Open Swim 3:00-5:30		Child Care 3:30-4:15	Child Care 3:30-4:15	Child Care 3:30-4:15		
	Open Swim Shallow end only 5:00-7:00	Open Swim 4:30-7:00		Open Swim 4:30-7:00	Open Swim Shallow end only 5:30-7:00	

Age policy

- All children age 7 and under must have an adult in the water within arm's reach actively supervising the child.
- Any child age 9 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 10 and 13 in the family pool 10-16 in the competitive pool wishing to swim in water over chest deep must pass the new swim test to receive a wrist band and have their picture taken at member services.
- 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 10 yard 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.

Once completed the child will receive a wrist band.