



POOL SCHEDULES

2022 FALL I Therapy Pool Sept. 6th - Oct. 22nd *This schedule is subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Bootcamp 5:30-6:15	Open Swim 5:00-10:15	Aqua Bootcamp 5:30-6:15	Open Swim 5:00-8:00	Aqua Bootcamp 5:30-6:15	
	Open Swim 6:15-8:00		Open Swim 6:15-10:00	AOA Aqua Fitness 8:00-8:45	Open Swim 6:15-9:00	
Open Swim 9:00-3:00	AOA Aqua Fitness 8:00-8:45	AOA Aqua Boogie 10:15-11:00	AOA Aqua Strength 10:00-10:30 *Limited open swim	Open Swim 8:45-12:00	Swim Lessons 9:00-10:30 *No open swim	Open Swim 8:30-4:00
	Open Swim 8:45-10:00		AOA Joint Movement 11:15-12:00		Open Swim 10:30-11:15	
	AOA Aqua Fitness 10:00-10:45	AOA Joint Movement 11:15-12:00	AOA Aqua Fitness 12:15-1:00			
	AOA Joint Movement 11:15-12:00	Open Swim 11:00-12:00	Open Swim 2:00-3:00			
	Open Swim 2:00-6:30	Open Swim 2:00-4:30	Adaptive Lessons 4:00-6:30 *No open swim	Open Swim 1:00-5:00		
				Open Swim 2:00-4:30		

2022 FALL I Family Pool Sept. 6th - Oct. 22nd *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 8:30-12:00
Open Swim 3:00-5:00		River Challenge 9:40-10:10		River Challenge 10:30-11:00		Open Swim 2:30-5:00
		Child Care 3:30-4:15	Child Care 3:30-4:00	Child Care 3:30-4:15		
		Open Swim (Shallow Only) 4:30-6:30		Open Swim (Shallow Only) 4:30-6:30		

Age policy

- All children age 7 and under must have an adult in the water within arm’s reach actively supervising the child.
- Any child age 8 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 9 and 13 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.