

Spring Pool Schedule

Effective April 24, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am-9am Adult Lap	6am-9am Adult Lap	6am-9am Adult Lap	6am-9am Adult Lap	6am-9am Adult Lap	7am-9am Adult Lap
9am-11am Adult Lap	9am-10am Splash-er-cise	9am-10am Water Works	9am-10am Splash-er-cise	9am-10am Water Works	9am-10am Splash-er-cise	9am-9:45am Parent/Toddler Lesson
	10am-10:45am Preschool Lesson	10am-11am Adult Stroke Techniques	10:15am-11am Homeschool Lesson	10am-11am Adult Learn to Swim	10am-10:45am Parent/Toddler Lesson	9:45am- 10:30am Preschool Lesson
11am-12pm Family Swim	11am-12pm Family Swim	11am-11:45am Preschool Lesson	11am-12pm Family Swim	11am-12pm Adult Learn to Swim	11am-11:45am Preschool Lesson	10:30am- 11:15am Beginner Lesson
12pm-1pm Birthday Party	12pm-1:30pm Adult Lap	12pm-1:30pm Adult Lap	12pm-1pm Adult Lap	12pm-2pm Adult Lap	12pm-1:30pm Adult Lap	
			1pm-1:45pm Preschool Lesson			
			3:30pm-4:15pm Beginner Lesson			
		4:15pm-5pm Ad. Beginner Lesson	4:15pm-5pm Intermediate/ Adv. Swim Lesson			
	5pm-6pm Adult Lap	5pm-5:45pm Beginner Lesson	5pm-6pm Adult Lap		5:30pm- 6:30pm Adult Lap	
	6pm-7pm Water Aerobics	5:45pm-6:30pm Preschool Lesson	6pm-7pm Water Aerobics			
					6:30pm- 7:30pm Family Swim	

Gym Schedule Key

	Adult Lap Swim		Adult Aerobics Class		Swim Lessons		Birthday Party
	Family Swim						

SHOWERING PRIOR TO ENTERING THE POOL AND BATHING CAP IS **REQUIRED** Per Local Board of Health

Pool Class Descriptions

Water Works

Join Theresa on Tuesday and Thursday mornings, for a half hour of water aerobics followed by a half hour of strength training.
Beginner/Intermediate

Splash-er-cise

Join Theresa Mondays, Wednesdays & Fridays for a half hour of water aerobics and a half hour of volleyball. *Intermediate/Advanced*

Water Aerobics

This high energy class utilizes both the shallow & deep water in the pool. Let Heather challenge your endurance with water circuits, deep water drills, and lap swimming. You will burn lots of calories while you increase your strength, endurance, and range of motion.
Intermediate/Advanced

Adult Lap Swim

The schedule will indicate what time the pool is available for lap swim. Children must be 14 years of age to participate in adult lap without a parent/guardian.

Family Swim

The schedule will indicate what time the pool is available for family swim. Children must be 14 years of age to participate in family swim without a parent/guardian. Please give the lifeguard your family swim ticket at pool check-in for proof of payment.

***Non-members are required to pay a fee.**

Swim Lesson Descriptions & Sessions

Parent Toddler (6 mos. to 3 years) Parent Toddler is a passive unstructured and friendly environment encouraging the interaction between other parents and children and future swim instructors. Children learn safety, bubble blowing, and arm and leg movements.

Pre School (3-5 years) This class is for beginners with little or no experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, front and back floats, putting their faces in the water, jumping in, turtle dives and swimming the length of the pool. Child must have general membership.

Beginners (5 years and up) This class is for beginners who have little or no experience in the water. Children will work on putting their faces in, front and back floats, rhythmic breathing, and swimming on their fronts and backs with a flotation device such as a noodle or kickboard. Beginners Deep End is for beginners who are comfortable in the water and deep end with no flotation device. The children will review the skills from the shallow end beginner's class and be introduced to front crawl, back crawl and rhythmic breathing.

Advanced Beginners The children will work on strengthening their front crawl, back crawl and completely submerging their heads. They will be introduced to diving, while kneeling, rotary breathing, and elementary backstroke kick.

Intermediate Swimmers This class is for those who want to continue learning the basic strokes. The children will strengthen upon rotary breathing, front crawl and back crawl. They will be introduced to the elementary backstroke, breaststroke kick, side stroke kick, turning on the wall and standing front dives.

Advanced Swimmers This class is for serious swimmers. Child will work up to swimming 100 yards of front crawl and back crawl, 25 yards of sidestroke and breaststroke, and 10 yards of butterfly. They will also be able to demonstrate appropriate turns for each stroke and tread water for 3 minutes.

Homeschool Swim This is a beginner level swim class (levels 1 & 2) for homeschoolers ages 5&up. Students will work on front floats, back floats, submerging, rhythmic breathing as well as front and back crawls.

Adult Learn to Swim This class is for beginners who have little to no experience in the water. A membership is not required.

Adult Stroke Techniques This class is for adult swimmers who would like to work on their stroke techniques for strokes such as sidestroke, breaststroke, and butterfly. A membership is not required.