



POOL SCHEDULE JAN 2ND TO FEB 19TH 2012 (may be subject to change)

Please remember that all swimmers must share lanes. Two people can split a lane, while 3 or more people will need to circle swim. Swimming with people of your equal ability will create a more fluid environment. Please communicate with the others in the lane before jumping into it.

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim (#) denotes available lanes	6:15-7:30 am (4) masters (2) lap 7:30-8:45 am (6) 8:45am-12:30 pm (2) 12:30-1:30 pm (3) 1:30-4:30 pm (2) 4:30-6:00 pm (3) 8:30-9:30 pm (6)	6:15-8:45 am (6) 8:45am-12:30 pm (2) 12:30-3:00 pm (3) 8:30-9:00 pm (3) 9:00-9:30 PM (6)	6:15-7:30 am (4) masters (2) lap 7:30-8:45 am (6) 8:45am-12:30 pm (2) 12:30-1:30 pm (3) 1:30-4:30 pm (2) 4:30-6:00 pm (3) 8:30-9:30 pm (6)	6:15-8:45 am (6) 8:45am-12:30 pm (2) 12:30-3:00 pm (3) 8:30-9:00 pm (3) 9:00-9:30 pm(6)	6:15-7:30 am (4) masters (2) lap 7:30-8:45 am (6) 8:45am-12:30 pm (2) 12:30-3:00pm (3) 4:30-6:00 pm (2)	7:00-9:00 am 9:00 am-12:00 pm (1) 1:00-3:00 pm (2) 4:00-5:00 pm (6)	12:15-3:00 pm (2) 4:00-5:00 pm (6) Adapted Aquatics 12:15-1:15 pm
Nemo's	10:00-11:00 am		10:00-11:00 am	Nemo's for under 5 years old, must be accompanied by an adult in the water, at all times			
Senior Swim	11:30am-12:30 pm (4)	11:30am-12:30 pm (4)	11:30am-12:30 pm (4)	11:30am-12:30 pm (4)	11:30am-12:30 pm (4)		
Adult Rec Swim	12:30-1:30 pm (3)	12:30-1:30 pm (3)	12:30-1:30 pm (3)	12:30-1:30 pm (3)	12:30-1:30 pm (3)		
Family Swim shared	6:00-7:00 pm Shared with wtr ex	2:00-3:00 pm Shared with lap swim	6:00-7:00 pm Shared with wtr ex	2:00-3:00 pm Shared with lap swim	6:00-7:30 pm Shared with lessons 7:30-8:00 pm	1:00-3:00 pm Shared with lap swim	1:15-3:00 pm (4) Shared with lap swim
Water Ex	8:45-9:45 am 1:30-2:30 pm Arthritis 6:00-7:00 pm	8:45-9:45 am	8:45-9:45 am 6:00-7:00 pm	8:45-9:45 am	8:45-9:45 am	12:00-1:00 pm	
Swim Team	7:00-8:30 pm	5:00-6:00 pm TnT 7:30-9:00 pm	7:00-8:30 pm	5:00-6:00 pm TnT 7:30-9:00 pm	4:00-5:00 pm	8:00-10:00 am	

Shoulder length hair or longer must be tied back or a bathing cap worn (preferred). Lap and Leisure Swim is for ages 13 and above. Not to be used by torpedoes swim team in place of their practice times. Family swim for all ages. Children under the age of 6 **must** be accompanied by an adult **in the water at all times**, and they must remain within arms length of their child.

SWIM TEST POLICY: Everyone who wants to go into the deep end must take a swim test, swim across the width of the pool and back, on top of the water, without stopping or putting their feet down. After taking the swim test, you will be given an orange wrist band which means you must stay in the shallow end. Children who are unable to stand with flat feet on the floor in the shallow end with their head above water, must wear a lifejacket and a red wrist band and must stay in the shallow end.

It is a state mandate that you shower before entering the pool

