



# AQUATIC SCHEDULE 11/1-1/31

TIME:	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM-8:45AM	LAP (8)	LAP (8)	LAP (8)	LAP (8)	LAP (8)	8:00AM LAP (8)	8:00AM LAP (8)
8:50AM-9:50AM	<b>AQUA FIT (5)</b> <b>8:50AM-9:50AM</b> LAP (3)	LAP (8)	<b>AQUA FIT (5)</b> <b>8:50AM-9:50AM</b> LAP (3)	LAP (8)	<b>AQUA FIT (5)</b> <b>8:50AM-9:50AM</b> LAP (3)	<u>LAP (8)</u>	LAP (8)
10:10AM-11:10AM	<b>AQUA FIT (5)</b> <b>10:10AM-11:10AM</b> LAP (3)	LAP (8)	<b>AQUA FIT (5)</b> <b>10:10AM-11:10AM</b> LAP (3)	LAP (8)	<b>AQUA FIT (5)</b> <b>10:10AM-11:10AM</b> LAP (3)	<b>AQUA FIT (4)</b> <b>9:50AM-10:50AM</b> <u>LAP (4)</u>	LAP (8)
11:15AM-12:55PM	LAP (8)	LAP (8)	LAP (8)	LAP (8)	LAP (8)	LAP (8) 11:15AM-11:55AM	LAP (8) 11:15AM-11:55AM
1:00PM-3:20PM	LAP (5-6) FAMILY OPEN (2-3)	LAP (5-6) FAMILY OPEN (2-3)	LAP (5-6) FAMILY OPEN (2-3)	LAP (5-6) FAMILY OPEN (2-3)	LAP (6) FAMILY OPEN (2-3)	FAMILY SWIM (3-4) 12:00PM-5:45PM LAP (4-5)	FAMILY SWIM (3-4) 12:00PM-5:30PM LAP (4-5)
3:30PM-5:25PM	<b>SWIM TEAM (2)</b> LAP (3-4) FAMILY SWIM (2-3)	<b>SWIM TEAM (2)</b> LAP (3-4) FAMILY SWIM (2-3)	<b>SWIM TEAM (2)</b> LAP (3-4) FAMILY SWIM (2-3)	<b>SWIM TEAM (2)</b> LAP (3-4) FAMILY SWIM (2-3)	LAP (4-5) FAMILY SWIM (3-4)	<b>SWIMMERS ARE REMINDED DURING BUSY LAP SWIM TIMES</b> <b>1-2 SWIMMERS ARE TO SPLIT THE LAP LANE</b> <b>3+ SWIMMERS ARE TO CIRCLE SWIM</b> <b>SWIMMERS ARE REMINDED THERE IS A 2 BREATH MINIMUM PER LAP</b>	
5:30PM-6:25PM	<b>SWIM TEAM (2)</b> <b>AQUA FIT (3)</b> LAP (3)	<b>SWIM TEAM (2)</b> LAP (6)	<b>SWIM TEAM (2)</b> <b>AQUA FIT (3)</b> LAP (3)	<b>SWIM TEAM (2)</b> LAP (6)	LAP (4-5) FAMILY SWIM (3-4)		
6:30PM-8:30PM	<b>MASTERS (2-3)</b> 6:30PM-7:45PM LAP (5) 8:30PM	<b>MASTERS (2-3)</b> 6:30PM-7:45PM LAP (5) 8:30PM	<b>MASTERS (2-3)</b> 6:30PM-7:45PM LAP (5) 8:30PM	<b>MASTERS (2-3)</b> 6:30PM-7:45PM LAP (5) 8:30PM	LAP (4-5) FAMILY SWIM (3-4)		

11/20 NOVICE M/W LAST DAY OF FALL

12/23-1/2 WINTER SWIM BREAK, NO WORKOUTS SCHEDULED

11/21 NOVICE T/TH LAST DAY OF FALL

12/24 FACILITY HOURS: 8:00AM-12:00PM

11/25-11/28 FALL SWIM BREAK, NO WORKOUTS SCHEDULED

12/24 AQUATIC HOURS: 8:00AM-11:30AM

11/28 THANKSGIVING FACILITY IS CLOSED

12/25 FACILITY IS CLOSED

11/29 FACILITY HOURS: 8:00AM-5:00PM

12/27 NO AQUA FIT CLASSES SCHEDULED

11/29 AQUATIC HOURS: 8:00AM-4:30PM

12/30 NO AM AQUA FIT CLASSES SCHEDULED

11/29 NO AQUA FIT CLASSES SCHEDULED

12/31 FACILITY HOURS: 8:00AM-12:00PM

12/2 NOVICE M/W FIRST DAY WINTER SWIM

12/31 AQUATIC HOURS: 8:00AM-11:30AM

12/3 NOVICE T/TH FIRST DAY OF WINTER SWIM

1/1 FACILITY IS CLOSED

1/3 NO AQUA FIT CLASSES SCHEDULED

# AQUATIC REMINDERS

## LAP SWIM IS CONTINUOUS SWIMMING OF PROPER SWIM STROKE

-SHOWERS ARE RESTRICTED TO A MAXIMUM OF 5 MINUTES TO ALLOW FOR PROPER CLEANING AND DISINFECTING.

-SHOWERS ARE FOR PATRONS USING THE FACILITY ONLY. NO PUBLIC USE AT THIS TIME.

-LAP LANE AVAILABILITY AND PROGRAMMING IS SUBJECT TO CHANGE IN ACCORDANCE WITH STATE, COUNTY AND CITY EXECUTIVE ORDERS.

**EXTENSIVE BREATHING OR TRAINING IS PROHIBITED IN THIS AQUATIC FACILITY.**

**THERE IS A 2 BREATH MINIMUM PER 25 YARDS/1 LENGTH OF THE POOL.**

**SPLITTING A LAP LANE: 1-2 swimmers** may split the lap lane. Please politely announce yourself before entering the lane. Make sure the other swimmer you are sharing the lane with is aware you are entering the lane. Please agree with the other swimmer what side of the lane you will be swimming on.

**CIRCLE SWIMMING: 3+ swimmers** are to circle swim. Please politely announce yourself to all swimmers before entering the lane. Make sure everyone is aware that all swimmers will be circle swimming. All swimmers are to then swim on the right side of the lane while there are 3+ swimmers in the same lane.

## AQUA FIT \*1 AQUA FIT CLASS PER PARTICIPANT, PER DAY\*

MONDAYS-WEDNESDAYS-FRIDAYS 8:50AM-9:50AM & 9:50AM-11:10AM SATURDAYS AT 9:50AM-10:50AM

\*ALL PARTICIPANTS MUST REGISTER ONLINE THROUGH THE EME PORTAL.

\*PARTICIPANTS NOT ON THE CLASS ROSTER WILL NOT BE ABLE TO ENTER THE POOL AREA.

**\*\*PARTICIPANTS MAY REGISTER FOR 1 AQUA FIT CLASS PER DAY.**

**\*\*PARTICIPANTS CAN NOT ENTER THE WATER/POOL EARLY FOR SCHEDULED CLASS.**

-INSTRUCTOR WILL BE TEACHING FROM IN THE WATER OR ON THE DECK.

**-CLASS WILL BE LIMITED TO 39 PARTICIPANTS M-W-F AND 30 PARTICIPANTS ON SAT.**

**MORNINGS.**

EACH PARTICIPANT IS REMINDED TO BRING THEIR OWN REFILLABLE WATER BOTTLE. IT IS YOUR OPTION TO BRING YOUR OWN AQUA FIT BELT/EQUIPMENT.

**THANK YOU FOR ANOTHER FUN & SUCCESSFUL SWIM SEASON. WE ARE LOOKING FORWARD TO NEXT SWIM SEASON SUMMER 2025.**

\* HAVE A SAFE AND HEALTHY OFF SEASON. WE ARE LOOKING FORWARD TO WORKING WITH YOU AND YOUR SWIMMER IN SUMMER 2024. **REGISTRATION STARTS SPRING 2025.**

## NOVICE SWIM TEAM & MASTERS SWIM TEAM YEAR-ROUND PROGRAMS

**-NOVICE SWIM TEAM:** MONDAY-THURSDAY FROM 3:30PM-6:30PM. ALL SWIMMERS MUST COMPLETE A TRYOUT WITH COACH DOUGLAS FOR PROPER LEVEL PLACEMENT. LIMITED TRYOUTS ARE HELD MONDAY-THURSDAY FROM 3:15PM-3:30PM.

**-MASTERS SWIM TEAM:** MONDAY-THURSDAY FROM 6:30PM-7:45PM. SWIMMERS MUST PAY THE DAILY FITNESS DROP-IN FEE (\$13) AND PROVIDE COACH W/ RECEIPT OR REGISTER FOR THE CURRENT SESSION.

## FAMILY SWIM: RECREATIONAL PLAY TIME AND SPACE FOR YOUTH

**PLEASE SEE LIFEGUARD ON DUTY AND/OR POSTED POOL AND POOL AREA RULES AND REGULATIONS**

\*RECREATIONAL FAMILY OPEN SWIM IS DESIGNATED AREAS AND TIMES CHILDREN MAY USE THE POOL AND PLAY IN THE WATER. THESE AREAS ARE FOR PLAY, NOT FOR LAP SWIM.

\*ADDITIONAL FAMILY SWIM RULES AND POOL/POOL DECK RULES POSTED. PLEASE SEE LIFEGUARD ON DUTY FOR MORE INFORMATION.



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