



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

July 16 - 26

SUN		12:00p - 3:45p	
		Open Swim	
Open Lanes		3	

MON	5:15a - 7:45a	8:00a - 9:00a	9:00a - 11:00a	11:00a - 12:00p	12:00p - 3:55p	4:00p - 6:00p	5:15p - 6:00p	6:00p - 9:00p	9:00p - 9:45p	
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	Open Swim	Swim Lessons	Aqua Aerobics	Swim Team	Lap Swim	
Open Lanes	6	1	1	1	3	1	1	1	6	

TUE	5:15a - 7:45a	8:00a - 9:00a	9:00a - 12:00a	10:00a - 11:00a	12:00p - 4:20p	4:30p - 6:30p	6:30p - 7:30p	7:35p - 9:00p	9:00p - 9:45p	
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	Open Swim	Swim Lessons	Aqua Aerobics	Swim Team	Lap Swim	
Open Lanes	6	2	1	1	3	1	2	1	6	

WED	5:15a - 7:45a	8:00a - 9:00a	9:00a - 11:00a	11:00a - 12:00p	12:00p - 3:55p	4:00p - 6:00p	5:15p - 6:00p	6:00p - 9:00p	9:00p - 9:45p	
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	Open Swim	Swim Lessons	Aqua Aerobics	Open Swim	Lap Swim	
Open Lanes	6	1	1	1	3	1	1	3	6	

THU	5:15a - 7:45a	8:00a - 9:00a	9:00a - 12:00a	10:00a - 11:00a	12:00p - 4:20p	4:30p - 6:30p	6:30p - 7:30p	7:35p - 9:00p	9:00p - 9:45p	
	Lap Swim	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	Open Swim	Swim Lessons	Aqua Aerobics	Swim Team	Lap Swim	
Open Lanes	6	2	1	1	3	1	2	1	6	

FRI	5:15a - 7:45a	8:00a - 9:00a	9:00a - 10:00a	10:00a - 11:00p	11:00a - 12:00p	12:00p - 4:00p	4:00p - 7:30p	7:30p - 8:45p		
	Lap Swim	Older Adult Water Exercise	Adult Swim	MS Exercise	Arthritis Exercise	Open/Camp Swim	Open Swim	Swim Team		
Open Lanes	6	1	3	2	1	3	3	1		

SAT	6:00a - 8:00a	8:00a - 9:00a	9:00a - 12:00p	12:00p - 5:45p	Pools close Friday, July 26 at 6pm					
	Lap Swim	Aqua Aerobics	Swim Lessons	Open Swim						
Open Lanes	6	2	1	3						



FOR YOUTH DEVELOPMENT
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REC POOL SCHEDULE

July 16 - 26

SUN		12:00p - 3:45p			
		OPEN SWIM			
MON	9:00a-12:00pm	12:00p - 3:55p	4:00p-6:30p	6:35p - 9:00p	
	Swim Lessons	OPEN SWIM	Swim Lessons	OPEN SWIM	
TUE	9:00a - 12:00p	12:00p - 12:30p	12:30p - 4:20p	4:30p - 7:30p	7:00p - 9:00p
	Swim Lessons	OPEN/CAMP SWIM	OPEN SWIM	Swim Lessons	OPEN SWIM
WED	9:00a - 12:00p	12:00p - 3:55p	4:00p-6:00p	6:00p - 9:00p	
	Swim Lessons	OPEN SWIM	Swim Lessons	OPEN SWIM	
THU	9:00a - 12:00p	12:00p - 1:00p	1:00p - 4:20p	4:30p - 7:30p	7:00p - 9:00p
	Swim Lessons	preschool	OPEN SWIM	Swim Lessons	OPEN SWIM
FRI	9:00a - 12:00p	12:00p - 4:00p	4:00p - 8:45p		
	OPEN SWIM	OPEN/CAMP SWIM	OPEN SWIM		
SAT	8:30a - 11:30p	11:30p - 5:45p			
	Swim Lessons	OPEN SWIM			

Both Pools and the Sauna will close at 6pm on Friday, July 26 for major renovation and will remain closed the month of August. Visit our Kohl Family Y, Lake Anna, Wadsworth or Riverfront locations for open swim.

All swimmers ages 12 and under must have a wristband on before entering the water. Please remember to grab your non-swimmer's red band or your swimmer's green band from the front desk.

Thank you.

Parents with children ages **5 years & under must be in the water** and within arm's reach of their child, and must remain where the parent can touch the bottom. Children ages 6-10 must have a parent on the pool deck at all times. We strongly recommend that parents of non-swimmers be in the water within arm's reach of their child, regardless of the child's age.

All swimmers ages 6 - 12 must be swim tested. Testing will be conducted when additional Lifeguards are on duty and available to do so.

Water Features may not be operational during open swim times. Please ask the Lifeguard or other aquatics personnel to turn them on. It is the Lifeguard's discretion to turn them off for safety reasons.

***We strive to ensure the accuracy of this schedule. However, the pool schedule is subject to change without notice.**