

# Aquatic Schedules

## Leisure Pool



Effective June 1st

### Exercise Swim

5:00-12:00p\*

*\*Shared with Aqua Fitness Classes from 8:00-9:00a*

*\*Shared with Swim Lessons 9:00 - 11:00*

### Open Swim

12:00p-7:30p\*

*\*Leisure Pool shared with Swim Lessons from 5:30-6:45p*

Monday

### Exercise Swim

5:00-12:00p\*

*\*Shared with Aqua Fitness Classes from 8:00-9:00a*

*\*Shared with Swim Lessons 9:00 - 11:00*

### Open Swim

12:00p-8:30p\*

*\*Leisure Pool shared with Swim Lessons from 5:30-6:45p*

Tuesday

### Exercise Swim

5:00-12:00p\*

*\*Shared with Aqua Fitness Classes from 8:00-9:00a*

*\*Shared with Swim Lessons 9:00 - 11:00*

### Open Swim

12:00p-8:30p\*

*\*Leisure Pool shared with Swim Lessons from 5:30-6:45p*

Wednesday

### Exercise Swim

5:00-12:00p\*

*\*Shared with Aqua Fitness Classes from 8:00-9:00a*

*\*Shared with Swim Lessons 9:00 - 11:00*

### Open Swim

12:00p-8:30p\*

*\*Leisure Pool shared with Swim Lessons from 5:30-6:45p*

Thursday

### Exercise Swim

5:00-12:00p\*

*\*Shared with Aqua Fitness Classes from 8:00-9:00a*

**Open Swim**  
12:00p-8:30p\*

Friday

### Exercise Swim

7:00-10:00a\*

*\*Leisure Pool shared with Swim Lessons from 9:00-11:45a*

### Open Swim

10:00a-6:30p

Saturday

### Open Swim

10:00a - 5:30pm\*

Sunday

## Swim Time Definitions:

**Exercise Swim:** Leisure pool lap lanes and resistance channel open for exercise swimming for adults, ages 16 and older. Use of the resistance channel must be done so moving against the current during Exercise Swim.

**Open Swim:** Leisure pool open for recreational swimming. Parent **MUST** be in water and within arms reach at all times with children age seven and under. Use of the resistance channel may be used moving with the current during Open Swim.

**WATERSLIDE** only open for afternoon and weekend Open Swim.

**PLAY FEATURE** only open during morning Open Swim and Friday-Sunday during afternoon Open Swim.

## Age Limit Reminders:

Members must be 14 years of age or older to use the Das Rec pools unsupervised.

Parents or guardians of children ages 13 and under must remain in the aquatic area at all times. Guardians must be at least 16 years of age.

Parents or guardians of children ages 7 and under must be wearing a swimsuit and actively participating in water within arms-length from their children at all times.

**\*\* Please see reverse for special closures and swim meet hours.**

# Aquatic Schedules

## Competition Pool



Effective June 1st

<b>LAP SWIM</b> 5:00-6:00a* <i>*Shared with Masters Swim</i>	<b>LAP SWIM</b> 5:00-6:00a	<b>LAP SWIM</b> 5:00-6:00a* <i>*Shared with Masters Swim</i>	<b>LAP SWIM</b> 5:00-6:00a	<b>LAP SWIM</b> 5:00-6:00a* <i>*Shared with Masters Swim</i>
<b>NBHS SWIM TEAM</b> 6:00-8:00a	<b>NBHS SWIM TEAM</b> 6:00-8:00a	<b>NBHS SWIM TEAM</b> 6:00-8:00a	<b>NBHS SWIM TEAM</b> 6:00-8:00a	<b>NBHS SWIM TEAM</b> 6:00-8:00a
<b>LAP SWIM</b> 8:00a-4:00p* <i>*Shared with Masters Swim from 8:00-9:00a</i>	<b>LAP SWIM</b> 8:00a-4:00p* <i>*Shared with Masters Swim from 12:00-1:00p</i>	<b>LAP SWIM</b> 8:00a-4:00p* <i>*Shared with Masters Swim from 8:00-9:00a</i>	<b>LAP SWIM</b> 8:00a-4:00p* <i>*Shared with Masters Swim from 12:00-1:00p</i>	<b>LAP SWIM</b> 8:00a-4:00p* <i>*Shared with Masters Swim from 8:00-9:00a</i>
<b>SURGE</b> 4:00-7:30p	<b>SURGE</b> 4:00-8:00p	<b>SURGE</b> 4:00-8:00p	<b>SURGE</b> 4:00-8:00p	<b>SURGE</b> 4:00-8:00p
Monday	Tuesday	Wednesday	Thursday	Friday
<b>SURGE</b> 7:00-9:00a	<b>LAP SWIM</b> 10am - 5:30pm	<b>Activities and times listed in orange indicate competition pool IS NOT open to general public.</b>		
<b>LAP SWIM</b> 9:00a-6:30p				
Saturday	Sunday			

## Swim Meet Schedule

In order to allow for swim meets, please see below for special hours:

Our competition pool and leisure pool will be closed all day on:  
**Saturday June 26, Sunday June 27, Saturday July 31, Sunday August 1**