



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# August 20th - September 1st POOL SCHEDULE

## ONEIDA

**Note: Summer hours will end following Labor Day on Tuesday, September 4th.**

**Lap Swimming Tips:**  
To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool. Please ask permission before using equipment from the wooden cubby.

**Directions:** If there are three swimmers in a lane, the entrance of a fourth person immediately changes the lane to "circle" swimming format.

**Speed:**  
Please try to choose a lane that most nearly matches your speed. Swimmers who swim with their head out of the water should use the slow lane.

**Shower:**  
Please walk through the shower before entering the pool, including after Steam Room or Sauna use.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:25 Lap Swim	5:45-6:30 Hydro Spin Water Shoes Required	5:30-8:25 Lap Swim	5:45-6:30 Hydro Spin Water Shoes Required	5:30-8:25 Lap Swim		
	5:30-6:30 1.5 Lap Lanes		5:30-7:30 Lap Swim (1.5 Lap Lanes 5:30-6:30)			
	6:30-8:25 Lap Swim (all lanes)		7:30-8:15 Hydro Spin 1 Lap Lane		7:00-9:00 Lap Swim	CLOSED
8:30-9:25 Shallow Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Shallow Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Instructor's Choice		
9:30-10:55 Pre/Post Surgery Therapy	<b>9:30-10:55 Family Swim 1 Lap Lane</b>	9:30-10:55 Pre/Post Surgery Therapy	<b>9:30-10:55 Family Swim 1 Lap Lane</b>	<b>9:30-11:00 Pre/Post Surgery Therapy</b>	<b>9:00-11:20 Family Swim 1 Lap Lane</b>	
<b>11:00-12:00 Summer Camp until Aug 25th</b>	<b>11:00-12:00 Summer Camp until Aug 25th</b>	<b>11:00-12:00 Summer Camp until Aug 25th</b>	<b>11:00-12:00 Summer Camp until Aug 25th</b>	11:00-12:00 Family Swim 1 Lap Lane	11:30-12:30 Birthday Parties Pool Rentals	
12:00-1:20 Lap Swim	12:00-1:00 Lap Swim	12:00-1:20 Lap Swim	12:00-1:00 Lap Swim	12:00-1:20 Lap Swim		
1:25-2:10 Young at Heart 1 Lap Lane	1:00-2:10 Family Swim 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane	1:00-2:10 Family Swim 1 Lap Lane	1:25-2:10 Young at Heart 1 Lap Lane		
2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim		
<b>3:00-6:25 Family Swim 1 Lap Lane</b>	3:00-4:55 Family Swim 1 Lap Lane	<b>3:00-6:25 Family Swim 1 Lap Lane</b>	3:00-4:10 Family Swim 1 Lap Lane	3:00-6:30 Family Swim 1 Lap Lane		
	5:00-5:45 Deep Water Jogging 1 Lap Lane		4:15-5:00 Deep Water Jogging			
6:00-6:45 Hydro Spin 1 Lap Lane	6:00-6:45 Hydro Spin 1 Lap Lane Water Shoes Required	6:30-7:25 Shallow Water Aerobics 1 Lap Lane	<b>5:00-8:00 Family Swim 1 Lap Lane</b>			
6:30-7:25 Shallow Water Aerobics 1 Lap Lane						
7:30-8:00 Family Swim 1 Lap Lane	6:45-8:00 Family Swim 1 Lap Lane	7:30-8:00 Family Swim 1 Lap Lane				

**Notes:**

- \$ = Paid program run in 8 week intervals. See front desk or affiliated aquatics staff for more details.
- Private swim lessons **may** be held in open lap lanes without prior notice on the schedule. Please be respectful to the instructors and students.
- Lap swim or family swim are **not** allowed during group swim lessons. This is for the safety of the children participating. The lifeguard(s) must have their full attention on the children. Thank you for your cooperation.
- Water shoes are **required** for Hydro Spin. If you are a new participant, please arrive 10-15 minutes early for assistance in adjusting the bike.
- "1 Lap Lane" signifies that a 2 lane wide area will be sectioned off from other activities. It can be extended or retracted based on pool traffic.

**Extra Family/Lap Swim times not stated on schedule:**

- \*Please note: These times may change based on the need for thunderstorm swim lesson make-ups.
- No extra swim times this schedule period.

