



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 18th - August 11th POOL SCHEDULE ONEIDA

Note: Summer hours have started. Please note the changes in bold text.

The building will be closed on July 4th for Independence Day.

The pool will be closed Aug 12-18th for seasonal cleaning and maintenance.

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 <i>Water Shoes Required</i>	5:30-8:25 Lap Swim	5:45-6:30 Hydro Spin <i>Water Shoes Required</i>	5:30-8:25 Lap Swim	7:00-8:25 Lap Swim	CLOSED	
	5:30-6:30 1.5 Lap Lanes		5:30-7:30 Lap Swim <i>(1.5 Lap Lanes 5:30-6:30)</i>				
8:30-9:25 Shallow Water Aerobics	6:30-8:25 Lap Swim <i>(all lanes)</i>	8:30-9:25 Shallow Water Aerobics	7:30-8:15 Hydro Spin 1 Lap Lane	8:30-9:25 Instructors Choice			
	8:30-9:25 Deep Water Jogging		8:30-9:25 Deep Water Jogging				
9:30-10:55 Pre/Post Surgery Therapy	9:30-10:00 Swim Lessons \$	9:30-10:55 Pre/Post Surgery Therapy	9:30-10:00 Swim Lessons \$	9:30-10:00 Swim Lessons \$			8:30-10:30 Swim Lessons \$
	10:00-11:00 Pool Rental starting (???)		10:00-11:00 Pool Rental starting (???)				
11:00-12:00 Summer Camp starting June 25th	11:00-12:00 Summer Camp starting June 25th	11:00-12:00 Summer Camp starting June 25th	11:00-12:00 Summer Camp starting June 25th	11:00-12:00 Family Swim 1 Lap Lane	10:30-11:20 1/2 Pool Family Swim 1/2 Pool Lap Swim		
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	11:30-12:30 Birthday Parties Pool Rentals		
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			
3:00-3:55 Family Swim 1 Lap Lane	3:00-4:55 Family Swim 1 Lap Lane	3:00-3:55 Family Swim 1 Lap Lane	3:00-4:10 Family Swim 1 Lap Lane	3:00-6:30 Family Swim 1 Lap Lane			
4:00-5:30 Swim Lessons \$	5:00-5:45 Deep Water Jogging 1 Lap Lane	4:00-5:30 Swim Lessons \$	4:15-5:00 Deep Water Jogging				
5:30-6:25 Family Swim 1 Lap Lane	6:00-6:45 Hydro Spin 1 Lap Lane <i>Water Shoes Required</i>	5:30-6:25 Family Swim 1 Lap Lane	4:15-6:00 Swim Lessons \$	6:00-8:00 Family Swim 1 Lap Lane			
6:30-7:25 Shallow Water Aerobics 1 Lap Lane	6:30-7:25 Shallow Water Aerobics 1 Lap Lane	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.
- Mon, Aug 6th: 4:00-5:30pm
- Tues, Aug 7th: 9:30-10:30am
- Thurs, Aug 9th: 9:30-10:00am
- Sat, Aug 11th: 8:30-10:30am