



June 19th - Aug 5th POOL SCHEDULE

ONEIDA

Closed on Sundays

Please note the changed closing times for summer months.

Lap Swimming Tips: Please enter the pool from the shallow end. 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.

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
5:30-8:25 Lap Swim	5:30-6:30 Hydro Spin Water Shoes Required 1.5 Lap Lanes	5:30-8:25 Lap Swim	5:30-7:25 Lap Swim	5:30-8:25 Lap Swim	7:00-8:55 Lap Swim
	6:30-8:25 Lap Swim		7:30-8:15 Hydro Spin Water Shoes Required 1.5 Lap Lanes		
8:30-9:25 Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Aqua Zumba®	9:00-12:00 Swim Lessons \$
9:30-11:00 Pre/Post Surgery Therapy	9:30-10:00 Swim Lessons \$	9:30-11:00 Pre/Post Surgery Therapy	9:30-10:00 Swim Lessons \$	9:30-10:00 Swim Lessons \$	
	10:00-11:00 Pool Rental (starting July 5th)		10:00-11:00 Pool Rental (starting July 5th)	10:00-11:00 Pre/Post Surgery Therapy (No instruction)	
11:00-12:00 Summer Camp (starting June 26th)	11:00-12:00 Summer Camp (starting June 26th)	11:00-12:00 Summer Camp (starting June 26th)	11:00-12:00 Summer Camp (starting June 26th)	11:00-12:00 Family Swim 1 Lap Lane	
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	12:00-12:45 Lap Swim
	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
1:25-2:10 Young at Heart 1 Lap Lane	2:10-3:15 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
2:10-3:00 Lap Swim					
3:00-3:55 Family Swim 1 Lap Lane	3:15-6:00 Family Swim 1 Lap Lane	3:00-3:55 Family Swim 1 Lap Lane	3:00-4:10 Family Swim 1 Lap Lane	3:00-7:30 Family Swim 1 Lap Lane	3:00-7:30 Family Swim 1 Lap Lane
4:00-5:30 Swim Lessons \$		4:00-5:30 Swim Lessons \$	4:15-6:00 Swim Lessons \$		
5:30-6:25 Family Swim 1 Lap Lane	6:00-7:00 Lap Swim	5:30-6:25 Family Swim 1 Lap Lane	6:00-8:00 Family Swim 1 Lap Lane	6:00-8:00 Family Swim 1 Lap Lane	6:00-8:00 Family Swim 1 Lap Lane
6:30-7:30 Water Aerobics 1 Lap Lane		6:30-7:30 Water Aerobics 1 Lap Lane			
7:30-8:00 Family Swim 1 Lap Lane	7:00-8:00 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.

Extra Family Swim times not stated on schedule:

- No extra family swim times this schedule period.

Sunday
CLOSED

