



Mar 14th - Apr 15th POOL SCHEDULE ONEIDA

Note: Oneida Dolphins swim season has ended. Swim Team practice times have been replaced with Family/Lap Swim in the evenings. Closed 4/1/18 for Easter Sunday.

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	5:30-7:25 Lap Swim	5:30-8:25 Lap Swim	7:00-8:55 Lap Swim	
	5:30-6:30 1.5 Lap Lanes		7:30-8:15 Hydro Spin Water Shoes Required 1 Lap Lane			
	6:30-8:25 Lap Swim					
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 Aqua Zumba ®		
9:30-11:00 Pre/Post Surgery Therapy	9:30-10:30 Swim Lessons \$	9:30-11:00 Pre/Post Surgery Therapy	9:30-10:00 Swim Lessons \$	9:30-11:00 Pre/Post Surgery Therapy (No instruction)	9:00-12:00 Swim Lessons \$	9:30-10:45 Special Olympics Swim Practice
			10:30-12:00 Gym and Swim \$			
11:00-12:00 Family Swim 1 Lap Lane	10:30-12:00 Family Swim 1 Lap Lane	11:00-12:00 Family Swim 1 Lap Lane		11:00-12:00 Family Swim 1 Lap Lane		11:00-12:25 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	12:00-1:25 Lap Swim	12:30-2:15 Family Swim 1 Lap Lane
	1:00-2:10 Family Swim 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	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	1:30-3:15 Family Swim 1 Lap Lane	2:30-4:30 Birthday Parties Pool Rentals
3:00-3:55 Family Swim 1 Lap Lane	3:00-5:55 Family Swim 1 Lap Lane No Lap Swim from 5:30-6:00	3:00-3:55 Family Swim 1 Lap Lane	3:00-4:10 Family Swim 1 Lap Lane	3:00-8:30 Family Swim 1 Lap Lane	3:30-4:30 Birthday Parties Pool Rentals	
4:00-5:30 Swim Lessons \$		4:00-5:30 Swim Lessons \$	4:15-5:00 Deep Water Jogging			
5:30-6:25 Family Swim 1 Lap Lane	5:30-6:00 Swim Lesson \$	5:30-6:25 Family Swim 1 Lap Lane	4:15-6:00 Swim Lessons \$	5:30-8:30 Family Swim 1 Lap Lane	5:30-7:30 Kids Night	
	6:00-6:45 Hydro Spin 1 Lap Lane Water Shoes Required		6:00-7:30 Lap Swim (1/2 pool from 6:30-7:30)			
6:30-7:25 Shallow Water Aerobics 1 Lap Lane		6:30-7:25 Shallow Water Aerobics 1 Lap Lane				
7:30-9:00 Family Swim 1 Lap Lane	6:45-9:00 Family Swim 1 Lap Lane	7:30-9:00 Family Swim 1 Lap Lane	6:30-7:30 Adult Swim Training \$ (1/2 pool)	7:30-9:00 Family Swim 1 Lap Lane	8:00-10:00 Teen Night	

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:

- None in this period.