

DLCCC POOL SCHEDULE

Apr-19

LANE SET-UP:	Lane 1: by waterslide	Lane 8: by diving board
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Monday/Wednesday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	Open							Lap
8:30a	Aqua Fit							Lap
9:35a	SilverSneakers Splash							Lap
10:30a	Open							Lap
11:00a	Pool Closed 11:00-11:30 a.m.							
11:30a	Open							Lap
2:00p	Pool Closed 2:00-4:00 p.m.							
4:00p	Open				Dive Team			
5:00p	Open	Open	Pool Pump it Up				Lap	
5:30p	Water In Motion®							Lap
6:15p	Aqua Deep (Mon.)		Open				Lap	
8:30p	Open							Lap

Tuesday/Thursday Watch for HS Meet schedule								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	Open			Swim Fit (9/11-12/20)				
7:30a	Aqua HIIT& 8am Aqua Fusion						Lap	Lap
9:05a	SilverSneakers Splash (ends at 10am)							Lap
11:00a	Pool Closed 11:00-11:30 a.m.							
11:30a	Open							Lap
2:00p	Pool Closed 2:00-4:00 p.m.							
4:00p	Swim Lessons (3/5-3/21)							Lap
5:00p	Open	Open	Open	Lap	Pool Pump it Up			
5:30p	Open			Lap	Water in Motion®			
6:30p	Swim Lessons (3/5-3/21)			Lap	Open			
8:00p	Open			Lap	Open			
8:30p	Open			Lap	Open			

Friday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
6:00a	Open							Lap
8:00a	Zumba/Aqua Fit							Lap
9:35a	Silver Sneakers Splash							Lap
10:30a	Open							Lap
11:00a	Pool Closed 11:00-11:30 a.m.							
11:30a	Open							Lap
2:00p	Pool Closed 2:00-4:00 p.m.							
4:00p	Lap	Lap	Open					
6:00p	Open							
8:30p	Open							

Saturday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
7:30a	Open			Lap	Lap	Open		
9:00a	Lessons (3/23)			Lap	Lap	Open		
10:30a	Open			Lap	Lap	Open		
1:30p	Open			Lap	Lap	Open		
7:30p	Open			Lap	Lap	Open		

Sunday								
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7	Ln 8
10:30a	Open				Lap	Open		
1:00p	Open				Lap	Open		
3:00p	Open				Lap	Open		
4:00p	Open				Lap	Open		
6:30p	Open				Lap	Open		

Key

Area:	Description	Available for:
Lap	Lap Swim Lane	Lap Swim
Open	Open Swim	All Members
Aqua Fit	Aerobics Class	Adult Members
Lessons	Swim Lessons	Lesson Participants
Masters	Adult Swim Team	Adults
Sunfish	Youth Swim Team	Youth

*Lap lanes may be used for private lessons. Schedule subject to change for special events in the pool.

Guarded Pool Hours M-F 6:00 a.m.-11:00 AM 11:30 AM-2:00 PM 4:00 PM-8:30 p.m. (18 + allowed during unguarded hours) Sat 7:30 a.m.-7:30 p.m. Sun 10:30 a.m.-7:30 p.m.

See reverse side for pool rules and Aquatics Department contact information.

Please look to posted schedules for HS Swim Meets. The hot tub will be closed for cleaning from 12-4 p.m. on Tuesdays.

