

# AYCC OPEN POOL SCHEDULE

Effective January 6, 2020



## LAP POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP SWIM 5:30-7:30am	LAP SWIM 5:30-7:30am	LAP SWIM 5:30-7:30am	LAP SWIM 5:30-7:30am	LAP SWIM 5:30-7:30am	
	AEROBICS II & LAP SWIM (3 lanes each) 7:30-8:30am	AEROBICS II & LAP SWIM (3 lanes each) 7:30-8:30am	AEROBICS II & LAP SWIM (3 lanes each) 7:30-8:30am	AEROBICS II & LAP SWIM (3 lanes each) 7:30-8:30am	AEROBICS II & LAP SWIM (3 lanes each) 7:30-8:30am	LAP SWIM 7:00-9:00am
LAP SWIM 9:15am-12:30pm	LAP SWIM 11:00-12:30pm	LAP SWIM 11:00-12:30pm	LAP SWIM 11:00-12:30pm	LAP SWIM 11:00-12:30pm	LAP SWIM 11:00-12:30PM	LAP & FAMILY SWIM 11:00am-12:30pm
	WHS PRACTICE 3:00-4:00pm	WHS PRACTICE 3:00-4:00pm	MHS PRACTICE 3:00-4:00pm	MHS PRACTICE 3:00-4:00pm	HS PRACTICE 3:00-4:00pm	
	DOLPHINS 4:00-7:00PM	DOLPHINS 4:00-7:00PM	DOLPHINS 4:00-7:00PM	DOLPHINS 4:00-7:00PM	DOLPHINS 4:00-7:00PM	
	MHS PRACTICE 7:00-8:00pm	MHS PRACTICE 7:00-8:00pm	WHS PRACTICE 7:00-8:00pm	WHS PRACTICE 7:00-8:00pm	HS PRACTICE 7:00-8:00pm	

## THERAPY POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN SWIM 6:45-8:00am	OPEN SWIM 6:45-8:00am	OPEN SWIM 6:45-8:00am	OPEN SWIM 6:45-8:00am	OPEN SWIM 6:45-8:00am	
	AQUA FITNESS 8:00-9:00am	AQUA FITNESS 8:00-9:00am	AQUA FITNESS 8:00-9:00am	AQUA FITNESS 8:00-9:00am	AQUA FITNESS 8:00-9:00am	
LESSONS 9:15am-11:00pm	LESSONS 9:00-10:00am	LESSONS 9:00-10:00am	LESSONS 9:00-10:00am	RENTAL 9:00-10:00am	RENTAL 9AM-11AM	LESSONS 9:30-11:40am
	PRESCHOOL SWIM 10:00-11:00am	PRESCHOOL SWIM 10:00-11:00am	PRESCHOOL SWIM 10:00-11:00am	PRESCHOOL SWIM 10:00-11:00am		
AEROBICS I 11:00am-12:00pm <b>**NEW**</b>	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	
THERAPY SWIM 12:00-1:00pm	THERAPY SWIM 12:00-1:00pm		THERAPY SWIM 12:00-1:00pm		THERAPY SWIM 12:00-1:00pm	THERAPY SWIM 12:00-1:00pm
RENTAL 1:00-2:00pm			RENTAL 1:00-2:00pm			RENTAL 1:00-2:00pm
FAMILY SWIM 2:00-3:30pm		THERAPY SWIM 2:00-3:00pm		THERAPY SWIM 2:00-3:00pm	LESSONS 2:00-3:00pm	FAMILY SWIM 2:00-3:30pm
RENTAL 3:30-4:30pm	CLUB SWIM 3:15-4:00pm	AYCC CHILDCARE SWIM 3:00-4:00pm	CLUB SWIM 3:15-4:00pm	LESSONS 4:00-5:40PM	CLUB SWIM 3:15-4:00pm	RENTAL 3:30-4:30pm
	LESSONS 4:00-6:15pm	LESSONS 4:00-6:15pm	LESSONS 4:00-6:15pm	FAMILY SWIM 5:45-6:30pm	LESSONS 4:00-5:40pm	
	WATER AEROBICS 6:30-7:30pm	WATER AEROBICS 6:30-7:30pm	WATER AEROBICS 6:30-7:30pm	WATER AEROBICS 6:30-7:30pm	OPEN SWIM 6:00-7:30pm	

# AYCC POOL INFO



## Therapy & Lap Pool Rules

- Adults must be in the water with children under the age of six (1 adult per 5 children)
- Adults must supervise children ages 6-17
- Hair must be tied up if wetted hair reaches shoulders
- Showers are required

## Lap Pool Info

**Adult Lap Swim** is typically for ages 18+. We do allow youth & teens who swim competitively to attend. Must swim laps. Not for play time. *Lifeguard on duty / Non-Instructional*

**Water Aerobics** is typically for adults 18+. Aquatic fitness classes where participants are expected to follow along with instruction as physically allowed. *Lifeguard on duty / Aerobics Instructor*

Water Aerobics - middle intensity

## Therapy Pool Info

**Therapy Open Swim** is for people of all ages who have *therapeutic needs*. (Ex. Fibromyalgia, arthritis, debilitating diseases, recent surgeries, etc.) Not for play time. *Lifeguard on duty / Non-Instructional*

**Aqua Fitness / Water Aerobics** is typically for adults 18+. Aquatic fitness classes where participants are expected to follow along with instruction as physically allowed. *Lifeguard on duty / Aerobics Instructor*

Aqua Fitness - low impact      Water Aerobics I - middle intensity      Water Aerobics II - high intensity

**Family Open Swim** is for **all ages** and is a family-friendly time for all to swim and play. Child's membership provides free admission to two adults. *Lifeguard on duty / Non-Instructional*

**Preschool Open Swim** is for all infants and children **up to age 5**. It is a family-friendly time for little ones to swim and play with a parent/guardian. Child's membership/admission fee provides free admission to two adults. *Lifeguard on duty / Non-Instructional*

**Club Open Swim** is for **Members Only, ages 6-14**. It is a youth-friendly time to swim and play. *Lifeguard on duty / Non-Instructional*

### Lap Pool Quick Facts

- Temperature approx. 81-83°
- Depth 4-9 feet
- 25 yard competition pool
- 6 lanes
- Stairs available
- Blocks available for competition

### Therapy Pool Quick Facts

- Temperature approx. 91-93°
- Depth 0-5.5 feet
- Ramp and stairs available
- Excellent for therapeutic swimming

### GUEST RATES

- Youth \$4.00/day
- Adult (ages 18-54) \$8.00/day
- Senior (ages 55+) \$5.00/day

The AYCC offers swim Lessons for children and adults as well as American Red Cross Certifications (Lifeguard, Basic Water Safety, First Aid and CPR). And...our pools are available for parties and rentals too!