

RIVER VALLEY INDOOR POOL SCHEDULE

Summer 2017

Effective August 7, 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|---|---|
| 5:30am– 8:25am Adult Lap Swim | 5:30am– 8:30am Adult Lap Swim | 5:30am– 8:25am Adult Lap Swim | 5:30am– 8:30am Adult Lap Swim | 5:30am– 8:25am Adult Lap Swim | 6:00 – 8:25 am Adult Lap Swim | 6:00 – 8:25 am Adult Lap Swim |
| 8:30am – 9:30am Water Aerobics NO LAP LANE | 8:00am – 10:00am Master Swim | 8:30am– 9:30am Water Aerobics NO LAP LANE | 7:00am – 9:00am Master Swim 9:00am– 10:00am Water Aerobics* | 8:30am – 9:30am Water Aerobics NO LAP LANE | 8:30 – 9:30 am Water Aerobics 1 Lap Lane ⁺ | 8:30 – 11:00 am Open Swim/ Lap Swim 2 Lap Lanes ⁺ |
| 9:30am -10:15am Power Water NO LAP LANE | 10:00am – 4:00pm Adult Lap | 9:30am -10:15am Power Water NO LAP LANE | NO LAP LANE | 9:30 am- 3:00pm Adult Lap | 9:45 am – 4:00 pm Lap Swim++ | |
| 10:15am - 1:00pm Adult Lap | | 10:15am- 6:00pm Adult Lap | 10:00am – 4:00pm Adult Lap | | | 11:00 am – 1:00 pm Master Swim |
| 1:00pm – 6:00pm Open Swim 1 Lap Lane+ | 4:00pm – 9:45 pm Open Swim 1 Lap Lane+ | 10:15am- 6:00pm Adult Lap | 4:00pm – 9:45 pm Open Swim 1 Lap Lane+ | 3:00pm – 9:45pm Open Swim 1 Lap Lane | 4:00 – 7:45 pm Open Swim 1 Lap Lane ⁺ | 1:00 – 4:00 pm Lap Swim++ |
| 6:00pm – 7:00pm Water Aerobics 1 Lap Lane+ | | | 6:00pm – 7:00pm Water Aerobics 1 Lap Lane+ | | | 4:00 – 7:00 pm Open Swim 1 Lap Lane ⁺ |
| 7:00pm – 9:45pm Open Swim 1 Lap Lane+ | | 7:00pm – 9:45pm Open Swim 1 Lap Lane+ | 7:30pm – 9:45pm Open Swim 1 Lap Lane+ | | | Pool Closed for Cleaning at 7:30 pm |

+ LAP LANES ARE AVAILABLE FOR LAP SWIMMING or PRIVATE SWIM LESSONS ONLY. LAP SWIMMERS MUST BE 14 YEARS OLD OR OLDER.

Open Swim (NO lifeguard on duty):

This time is intended for families and individuals to use the pool for recreational activities. Children must be at least age 10 to swim unaccompanied in the water. Non-swimmers and children under age 7 must be supervised by an adult in the water within an arms-length at all times. **A parent or guardian must be present in the pool area when children under the age of 14 are swimming.**

Lap Swim:

Enjoy the company of other adults as you relax & swim laps in our 25 yard pool. Swimming is a great form of exercise because you utilize every muscle in your body. Participants are encouraged to share lanes. **Lap lanes are to be used by swimmers over 14 years of age.**

Adult Lap Swim is for lap swimmers 18 years of age and older.

++If weather is bad on the weekends, a lifeguard will open the indoor pool for Family Swim from 12:15 pm – 4:00 pm

Family Swim (Lifeguard on Duty):

This time is intended for families and individuals to use the pool for recreational activities while a lifeguard is on duty. Children must be at least age 7 to swim unaccompanied in the water while a lifeguard is on duty. Non-swimmers and children under age 5 must be supervised by an adult in the water within an arms-length at all times. **A parent or guardian must be present in the pool area when children under the age of 10 are swimming.**

PRIVATE SWIM LESSONS MAY USE THE POOL AT ANY TIME

RIVER VALLEY OUTDOOR POOL SCHEDULE

Summer 2017

Effective June 1, 2017

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|------------------------|------------------------|------------------------|------------------------|----------------|--|--|
| 5:30–9:00 AM | Adult Lap Swim | Adult Lap Swim | Adult Lap Swim | Adult Lap Swim | Adult Lap Swim | Pool Opens 7:00AM Adult Lap Swim | Pool Opens 7:00AM Adult Lap Swim |
| 9:00AM-9:45AM | Closed for cleaning | Closed for cleaning | Closed for cleaning | Closed for cleaning | Open Swim*** | Open Swim | Open Swim |
| 9:45AM–12:15PM | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Open Swim*** | Open Swim | Open Swim |
| 12:15PM-7:45PM | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim |

** BIRTHDAY PARTIES ARE AVAILABLE & CAN INCLUDE POOL USE. PARTIES MUST BE PAID IN ADVANCE. PLEASE SIGN-UP AT THE FRONT DESK.

Open Swim - NO LIFEGUARD ON DUTY

Open swim allows families & individuals to come in & use the pool for recreational activities, lap swim & fun.

A parent or guardian must be present when children under the age of 14 are swimming.

Adult Lap Swim

Enjoy the company of other adults as you relax & swim laps. Swimming is a great form of exercise because you utilize every muscle in your body. Participants are encouraged to share lanes.

Lap lanes are to be used by swimmers 18 years of age and older.

Family Swim - Lifeguard on Duty*

This time is intended for families and individuals to use the pool for recreational activities while a lifeguard is on duty.

Children must be at least age 7 to swim unaccompanied in the water while a lifeguard is on duty.

Non-swimmers and children under age 5 must be supervised by an adult in the water within an arms-length at all times.

A parent or guardian must be present in the pool area when children under the age of 10 are swimming.

***Please note that if it is less than 70° there will be NO LIFEGUARD on duty and family swim will become open swim.**