



Sun Oaks Tennis & Fitness

Covered Pool Schedule through Dec 18 2016

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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	Pool Opens	Pool Opens	Pool Opens	Pool Opens	Pool Opens		
5-7AM							
7:00AM							
7:30AM						Pool Opens 7:30am	
8AM	SOAR Practice 8-10am 3 lanes only 12/19-12/22 12/27-12/30	SOAR Practice 8-10am 3 lanes only 12/19-12/22 12/27-12/30	SOAR Practice 8-10am 3 lanes only 12/19-12/22 12/27-12/30	SOAR Practice 8-10am 3 lanes only 12/19-12/22 12/27-12/30			Pool Opens 8am
9:05 AM	Water in Motion		Water in Motion		Water in Motion	Private Swim Lessons 10:30am-12pm 1 Lane	
10-12PM							
12:10PM	Water in Motion		Water in Motion				
2:30-6:30 PM							
5:45-6:30 PM							
6:30-7:30PM						Pool Closes	Pool Closes
8:00PM							
9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes		

No lifeguard at covered pool. No recreation swim at covered pool.

Family swim only in designated lanes and times.

· No children under age 14 may swim without an adult (18+) in

DIRECT supervision of children.

· Lap swimming lanes are for those who are fitness lap swimming only.

Please no children in lap lanes while parents swim.

· Children who are not toilet trained must wear waterproof diapers.

· Lap swimmers there is **not** always a solitary lane available for you.

General swimming courtesy is to share lap lanes with other lap swimmers. A lane may be split in half to accommodate 2 swimmers, or, if more than 2 swimmers, a circular swim pattern should be used. When necessary, we will designate fast & slow lanes. If you have any questions ask the front desk.

* **Organized programs and fitness activities have priority.**

FAMILY SWIM- Lanes 1-3 at the North end of the pool are open Friday evening, Saturday after 10am and Sunday **ONLY**, unless reserved for a private party.

· Stay in designated swim area

· Do not sit, stand, or lay on lane lines

· Do not throw things across the lanes

· Do not play on the handicap chair

· Children under 14 must have an adult 18+ in direct supervision of swim time.

SOAR Coach- Stacy Schwerdt

Child Swim Lesson- Angie Baker- angie@sunoaks.com

Adult Swim Lessons- Nancy Cardoso-nancy@sunoaks.com