



Sun Oaks Tennis & Fitness

Covered Pool Schedule for Fall 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							
7AM							
7:30AM						Pool Opens 7:30am	
8AM							Pool Opens 8am
9:05 AM	Aqua Fit		Aqua Fit		Aqua Fit		
10-12PM							
12:10PM	Total Aqua	Group Swimming	Aqua Fit	Group Swimming			
2:30-3:30PM	Private Lessons 2:30-3:30	Private Lessons 2:30-3:30	Private Lessons 2:30-3:30	Private Lessons 2:30-3:30			
3:30-6:30 PM	Group Lessons 3:30-5 SOAR Practice 4-6:30	Group Lessons 3:30-5 SOAR Practice 4-6:30	Group Lessons 3:30-5 SOAR Practice 4-6:30	Group Lessons 3:30-5 SOAR Practice 4-6:30	SOAR Practice 4-6:30		
5:15-6:00 PM	Stroke School 5:15-6:00pm	Stroke School 5:15-6:00pm Water WOD 5:30	Stroke School 5:15-6:00pm	Stroke School 5:15-6:00pm Water WOD 5:30			
6:30-7:30PM	Tabata		Tabata			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