

Covered Pool Lane Line Schedule

	Monday								Tuesday								Wednesday								Thursday								Friday								Saturday								Sunday															
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
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■ Fitness Class ■ Swim Program Lap Swim

**Family Swim- Friday Evening, Sat., Sun
Unless reserved for club/private event.**

Lane 1 is on the North side of the pool by the steps. Be sure to check with the front desk or the white board out at the pool for any changes in the schedule or special events we may have going on.



Sun Oaks Tennis & Fitness

Covered Pool Schedule for Summer 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					SOAR Swim Team Practice 7-9am		
7:30AM						Pool Opens 7:30am	
8AM	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit		Masters 8:00-9:00am	Pool Opens 8am
9:00-9:45AM	Stroke School SOAR Team Practice 9:30-11am	Stroke School SOAR Team Practice 9:30-11am	Stroke School SOAR Team Practice 9:30-11am	Stroke School SOAR Team Practice 9:30-11am	Aqua Fit		
10-12PM		Camp- 11:30-12:30		Camp- 11:30-12:30			
12:10PM	Total Aqua	Group Swimming	Aqua Fit	Group Swimming			
1:15-2PM	Stroke School	Stroke School	Stroke School	Stroke School			
3:30-6 PM	Group Swim Lessons 5-6pm Lanes 1 and 2	Group Swim Lessons 5-6pm Lanes 1 and 2	Group Swim Lessons 5-6pm Lanes 1 and 2	Group Swim Lessons 5-6pm Lanes 1 and 2			
5:30-6:00 PM		Workout of the day		Workout of the day			
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- Richard "Tater" Parnham
Child Swim Lesson- Angie Baker- angie@sunoaks.com
Adult Swim Lessons- Nancy Cardoso-nancy@sunoaks.com