



Sun Oaks Tennis & Fitness

Covered Pool Schedule for June 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 8-10am		
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