



Sun Oaks Tennis & Fitness

Covered Pool Schedule for July 2017

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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	
8:05AM	Water in Motion	Aqua Zenergy	Aqua DanceFit	Aqua Zenergy	Water in Motion		Pool Opens 8am
9:00-9:45AM	Stroke School SOAR Team Practice 9:30-11:00am	Stroke School SOAR Team Practice 9:30-11:00am	Stroke School SOAR Team Practice 9:30-11:00am	Stroke School SOAR Team Practice 9:30-11:00am			
10-12PM	Camp- 11:00-12:00	Water WOD 11-11:45pm	Camp- 11:00-12:00	Water WOD 11:00-11:45	Camp- 11:00-12:00		
12:10PM	Water in Motion		Water in Motion		Aqua DanceFit		
1:15-2PM	Stroke School	Stroke School	Stroke School	Stroke School			
3:30-6 PM	Group Swim Lessons 5-6:30pm Lanes 1-3 Private Lessons 4-5pm Lanes 1-2 SOAR Team Practice 3:30-6pm Private Lessons 6:30-7pm Lanes 1-2	Group Swim Lessons 5-6:30pm Lanes 1-3 Private Lessons 4-5pm Lanes 1-2 Private Lessons 6:30-7pm Lanes 1-2	Group Swim Lessons 5-6:30pm Lanes 1-3 Private Lessons 4-5pm Lanes 1-2 SOAR Team Practice 3:30-6pm Private Lessons 6:30-7pm Lanes 1-2	Group Swim Lessons 5-6:30pm Lanes 1-3 Private Lessons 4-5pm Lanes 1-2 SOAR Team Practice 3:30-6pm Private Lessons 6:30-7pm Lanes 1-2	SOAR Team Practice 3:30-6pm		
4:30-5:15 PM		Water WOD		Water WOD			
6:35-7:30 PM	Aqua Tabata	Water WOD 6:30-7:15 PM	Aqua Tabata	Water WOD 6:30-7:15 PM			
7:00 PM						Pool Closes	Pool Closes
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- Steve Lazaraton-soar@sunoaks.com
Child Swim Lesson- Angie Baker- angie@sunoaks.com
Adult Swim Lessons- Nancy Cardoso-nancy@sunoaks.com