



Sun Oaks Tennis & Fitness

Covered Pool Schedule for January 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		SOAR Swim Team Practice 5:15-6:45am	SOAR Swim Team Practice 5:15-6:45am	SOAR Swim Team Practice 5:15-6:45am			
7AM							
7:30AM						Pool Opens 7:30am	
8AM						SOAR Swim Team Practice 8-10am	Pool Opens 8am
9:05AM	Aqua Fit		Total Aqua Fit		Aqua Fit		
10-12PM							
12:10PM	Total Aqua	Group Swimming	Aqua Fit	Group Swimming			
1-4PM							
3:30-7 PM	Stroke School 4-5pm SOAR Swim Team Practice 430-7pm Group Swim Lessons 5-6pm	Stroke School 4-5pm SOAR Swim Team Practice 4-7pm Group Swim Lessons 5-6pm	Stroke School 4-5pm SOAR Swim Team Practice 430-7pm Group Swim Lessons 5-6pm	Stroke School 4-5pm SOAR Swim Team Practice 4 -7pm Group Swim Lessons 5-6pm	SOAR Swim Team Practice 430-7pm		
7PM						Pool Closes	Pool Closes
8:00PM							
9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes		

The covered pool is busy Monday - Friday 4-7pm. Limited lap lanes are available during this time.

· 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, Randy Teeters, Aquatic Director, or 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**

· **Green doors to stay closed/no entry or exit**