



Sun Oaks Tennis & Fitness

Covered Pool Schedule for March 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	Masters 5:30-6:30am	SOAR Swim Team Practice 5:15-6:45am	SOAR Swim Team Practice 5:15-6:45am Masters 5:30-6:30am	SOAR Swim Team Practice 5:15-6:45am			
7AM							
7:30AM						Pool Opens 7:30am	
8AM						SOAR Swim Team Practice 8-10am Masters 8:00-9:00am Triathlon 8:00-9:00am	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 Triathlon Group 6:30-7:30pm	Stroke School 4-5pm SOAR Swim Team Practice 4 -7pm Group Swim Lessons 5-6pm Lanes 1 and 2	SOAR Swim Team Practice 430-7pm		
7PM						Pool Closes	Pool Closes

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

9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes		
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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- Robin Brickenden-robin@sunoaks.com
Child Swim Lesson- Angie Baker- angie@sunoaks.com
Adult Swim Lessons- Nancy Cardoso-nancy@sunoaks.com