



Sun Oaks Tennis & Fitness

Covered Pool Schedule for January 5-February 28th

POOL SCHEDULE

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			
7:30AM						Pool Opens 7:30am	Pool Opens 8am
8AM							
9:05AM	Aqua Fit	Aqua Tabata	Total Aqua Fit	Aqua Deep Water	Total Aqua Fit		
10AM	Group Swim Lessons	Group Swim Lessons	Group Swim Lessons	Group Swim Lessons			
11AM		Lap Swimming Class		Lap Swimming Class			
12PM	Total Aqua Fit		Aqua Fit				
1-3:30PM							
3:30-7PM	SOAR Swim Team Practice 3:30-7PM Swim Lessons 4-5pm ACE 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Swim Lessons 4-5pm ACE 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Swim Lessons 4-5pm ACE 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Swim Lessons 4-5pm ACE 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Swim Lessons 4-5pm ACE 5:30-6:30PM		
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 3:30-7pm. Limited lap lanes are available during this time.

- **No lifeguard at the indoor pool.**
- Recreation swim is in designated areas only. Please do not use other lanes regardless if they are open.
- **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.

RECREATION SWIM- Lanes 1-3 at the North end of the pool are open Saturday 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**
- THANK YOU!**