



Sun Oaks Tennis & Fitness

Covered Pool Schedule for August 18th - December 21st

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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			
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		Parent Tot Class & Private Lessons Sept. & Oct.		Parent Tot Class & Private Lessons Sept. & Oct.			
11AM		Lap Swimming Class (Starting 9/2)		Lap Swimming Class (Starting 9/2)			
12PM	Total Aqua Fit	Aqua Kick	Aqua Fit	Aqua Zumba			
1-3:30PM							
3:30-7PM	SOAR Swim Team Practice 3:30-7PM Group Swim Lessons 4-6PM ACE 4-5PM & 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Group Swim Lessons 4-6PM ACE 4-5PM & 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Group Swim Lessons 4-6PM ACE 4-5PM & 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM Group Swim Lessons 4-6PM ACE 4-5PM & 5:30-6:30PM	SOAR Swim Team Practice 3:30-7PM WOD 5:30-6PM		
6:35PM	Tri Training 9/15-10/17	Aqua Zumba	Tri Training 9/15-10/17	Aqua Kick			
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!**