



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Effective Wednesday, Aug. 11, 2010

- Schedule is subject to change.
- Multiple activities are often scheduled in the pool at the same time.
- The open swim area of the pool is closed during classes, including swim lessons.

AQUATICS CENTER SCHEDULE

Floyd County Branch

LAP/INSTRUCTIONAL POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit Plus 5:45-6:35 a.m.		Aqua Fit Plus 5:45-6:35 a.m.		Aqua Fit Plus 5:45-6:35 a.m.		
Aqua Fit Plus 8:00-8:50 a.m.		Aqua Fit Plus 8:00-8:50 a.m.		Aqua Fit Plus 8:00-8:50 a.m.	Aqua Fit Plus 9:30-10:20 a.m.	
	Aqua Fit 12:00-12:50 p.m.		Aqua Fit 12:00-12:50 p.m.		Youth Swim Lessons 11:00-11:45 a.m.	
Open Swim 1:00 p.m.-5:10 p.m.	Open Swim 1:00-5:00 p.m.	Open Swim 1:00 p.m.-5:10 p.m.	Open Swim 1:00-5:00 p.m.	Open Swim 1:00 p.m.-9:00 p.m.		Youth Swim Lessons 1:00-1:45 p.m.
Aqua Fit Plus 5:10-6:00 p.m.	Touch n' Tread 5:00-5:50 p.m.	Aqua Fit Plus 5:10-6:00 p.m.	Touch n' Tread 5:00-5:50 p.m.			Open Swim 1:45-5:45 p.m.
Deep Water 6:10-7:00 p.m.	Teen/Adult Lessons 6:00-6:45 p.m.	Deep Water 6:10-7:00 p.m.	Teen/Adult Lessons 6:00-6:45 p.m.			
Youth Swim Lessons 7:00-7:45 p.m.	Stroke/Turn Clinic 7:00-7:45 p.m.	Youth Swim Lessons 7:00-7:45 p.m.	Stroke/Turn Clinic 7:00-7:45 p.m.			
Open Swim 7:45-9:00 p.m.	Open Swim 7:45-9:00 p.m.	Open Swim 7:45-9:00 p.m.	Open Swim 7:45-9:00 p.m.			

LAP LANE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 lanes 5:00 a.m. -5:45a.m.	4 to 6 lanes 5:00 a.m. -6:45a.m.	6 lanes 5:00 a.m. -5:45a.m.	4 to 6 lanes 5:00 a.m. -6:45a.m.	6 lanes 5:00 a.m. -5:45a.m.		
3 lanes 5:45 a.m. -8:50 a.m.		3 lanes 5:45 a.m. -8:50 a.m.		3 lanes 5:45 a.m. -8:50 a.m.		
3 to 4 lanes 8:50 a.m. -5:10 p.m.	3 to 4 lanes 6:45 a.m.-12:00 p.m.	3 to 4 lanes 8:50 a.m. -5:10 p.m.	3 to 4 lanes 6:45 a.m.-12:00 p.m.	3 to 4 lanes 8:50 a.m.-9:00 p.m.	3 to 6 lanes 8:00 a.m.-11:00 a.m.	4 to 6 lanes 8:00 a.m.-1:00 p.m.
	3 lanes 12:00p.m.-12:50p.m.		3 lanes 12:00p.m.-12:50p.m.		2 to 3 lanes 11:00 a.m.-11:45 a.m.	
	2 to 4 lanes 12:50 p.m. -5:00p.m.		2 to 4 lanes 12:50 p.m. -5:00p.m.		3 to 4 lanes 11:45 a.m.-5:45 p.m.	2 to 3 lanes 1:00 p.m.-1:45 p.m.
3 lanes 5:10 p.m.-7:00 p.m.	3 lanes 5:00 p.m.-6:00 p.m.	3 lanes 5:10 p.m.-7:00 p.m.	3 lanes 5:00 p.m.-6:00 p.m.			3 to 4 lanes 1:45 p.m. -5:45 p.m.
2 to 3 lanes 7:00 p.m.-7:45 p.m.	2 lanes 6:00 p.m.-7:45 p.m.	2 to 3 lanes 7:00 p.m.-7:45 p.m.	2 lanes 6:00 p.m.-7:45 p.m.			
3 to 4 lanes 7:45 p.m.-9:00p.m.	3 to 4 lanes 7:45 p.m. -9:00 p.m.	3 to 4 lanes 7:45 p.m.-9:00p.m.	3 to 4 lanes 7:45 p.m. -9:00 p.m.			

THERAPY POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Tai Chi 8:00-8:50 a.m.		Tai Chi 8:00-8:50 a.m.			
Arthritis 9:00-9:50 a.m.	Active Older Adults 9:00-9:50 a.m.	Arthritis 9:00-9:50 a.m.	Active Older Adults 9:00-9:50 a.m.	Arthritis 9:00-9:50 a.m.	Active Older Adults 9:00-9:50 a.m.	
Water Pilates 10:00-10:50 a.m.	Water Pilates 10:00-10:50 a.m.	Water Pilates 10:00-10:50 a.m.	Water Pilates 10:00-10:50 a.m.	Water Pilates 10:00-10:50 a.m.	Preschool Lessons 10:00-10:45 a.m.	
Active Older Adults 11:00-11:50 a.m.		Active Older Adults 11:00-11:50 a.m.		Active Older Adults 11:00-11:50 a.m.	Parent/Child Lessons 11:00-11:30 a.m.	
					Super Tots Lessons 11:45a.m.-12:15 p.m.	Active Older Adults 12:00-12:50 p.m.
Water Pilates 5:00-5:50 p.m.	Parent/Child Lessons 5:15-5:45 p.m.	Water Pilates 5:00-5:50 p.m.	Super Tots Lessons 5:15-5:45 p.m.	Water Pilates 5:00-5:50 p.m.	Adaptive Lessons 12:30-1:00 p.m.	Preschool Lessons 1:00-1:45 p.m.
Preschool Lessons 6:00-6:45 p.m.	Arthritis 6:00-6:50 p.m.	Preschool Lessons 6:00-6:45 p.m.	Arthritis 6:00-6:50 p.m.			
Active Older Adults 7:00-7:50 p.m.	Low Impact 7:00-7:50 p.m.	Active Older Adults 7:00-7:50 p.m.	Low Impact 7:00-7:50 p.m.			

FAMILY FUN POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 4:00 p.m.-8:00 p.m.	Open 4:00 p.m.-8:00 p.m.	Open 4:00 p.m.-8:00 p.m.	Open 4:00 p.m.-8:00 p.m.	Open 4:00 p.m.-8:00 p.m.	Open 10:00 a.m.-5:45 p.m.	Open 10:00 a.m.-5:45 p.m.

AQUATIC FACILITY RULES:

1. Listen and obey the lifeguard at all times.
2. Be respectful by using appropriate language and behavior at all times.
3. All participants must shower before entering the pool.
4. Walk at all times.
5. Street or aquatic shoes are not allowed on the pool deck. Bare feet only.
6. Appropriate swim attire must be worn at all times. Shoes, sweatshirts, cut-off or basketball shorts are not permitted in the pool.
7. Diving, front flips or back flips are not permitted in any area of the facility.
8. Please refrain from dunking, rough horseplay, tossing children, or sitting on another swimmer's shoulders.
9. Inflatable may not be used in the facility. USCG lifejackets will be provided for members use.
10. Slide is open to persons 44 inches and above, under 280 pounds, and who can swim unassisted.

THERAPY POOL HOURS & RULES

Open Hours:

Monday - Friday: 6:00 a.m. to 9:00 p.m.

Saturday & Sunday: 8:00 a.m. to 5:45 p.m.

- Open Adult Swim available during pool hours, including class times.
- Must be at least 14 years of age to be in the Therapy Pool, unless registered in program.

INSTRUCTIONAL POOL HOURS & RULES

Open Hours:

Monday - Friday: 5:00 a.m. to 9:00 p.m.

Saturday & Sunday: 8:00 a.m. to 5:45 p.m.

- Lap Swim should be an orderly continuous swim. Please choose a lane that matches your skill (slow/medium/fast). If others are waiting, please circle swim by keeping to the right side of the lane and limit your time to 30 minutes.