

# Indoor Swimming Pool Schedule - Spring 2017

www.5sscday.com

## Water Aerobics

### Water Aerobics Class Times

Mon, Wed, 9:30 - 10:30 am, 10:30 - 11 am  
 Tues., Thurs, 6:30 - 7:30 pm  
 Fri, 10 - 11 am  
 Sat. 10 - 11 am

Lap lane is open at all times unless there are more than 8 in a class. At that time the entire pool is closed.

## Open and Lap Swimming

See chart on right for daily times  
 Pool is divided - 2 lanes for open swim and 2 lanes for lap swimming

## Swim Lessons

- start up June 5th at Outdoor Pool  
 All swim lessons are based on levels one thru five Group

1. Novice
  2. Beginner
  3. Intermediate
  4. Experienced
  5. Advanced
- Plus Parent and Tot

## Rules - just a reminder

No one under the age of seventeen allowed in indoor pool area without adult supervision  
 No one under the age of seventeen allowed in the hot tub.  
 See sign on wall of indoor pool for rules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Open and Lap Swim		Open and Lap Swim		Open and Lap Swim	Open at 7:00 am	
7:00	5:30 - 9:30 am		5:30 - 9:30 am		5:30 - 10:00 am	Open and Lap Swim	
9:30	<b>Water Aerobics 9:30 - 10:30</b>		<b>Water Aerobics 9:30 - 10:30</b>			7:00 - 10:00 am	
10:30	<b>Ai Chi 10:30 - 11:00</b>		<b>Ai Chi 10:30 - 11:00</b>		<b>Water Aerobics 10:00 - 11:00</b>	<b>Water Aerobics 10:00 - 11:00</b>	
11:00		Open and Lap Swim 5:30 - 6:30 pm		Open and Lap Swim 5:30 - 6:30 pm			
	Open and Lap Swim 11:00 - 10:15 pm		Open and Lap Swim 11:00 - 10:15 pm		Open and Lap Swim 11 am - 8:45 pm	Open and Lap Swim 11 am - 8:45 pm	Open and Lap Swim 7 am - 6:45 pm
6:30		<b>Water Aerobics 6:30 - 7:30 pm</b>		<b>Water Aerobics 6:30 - 7:30 pm</b>			
7:30		Open and Lap Swim 7:30 - 10:15 pm		Open and Lap Swim 7:30 - 10:15 pm			
10:15							

**No Lifeguard at the Indoor Pool**

Five Seasons Family Sports Club  
 937 - 848 - 9200

Updated on May, 2017