

Hours Updates: Pool Hours 10:30am – 2:00pm for Special Event on 3/2/24
Please be aware that Spring Break will see increased usage and more Family Swim (3/11 – 3/15)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am to 9:00am	POOL OPENS AT: 6:00am MASTERS TEAM 6:00am – 7:30am OPEN SWIM	POOL OPENS AT: 6:00am MASTERS TEAM 6:00am – 7:30am OPEN SWIM	POOL OPENS AT: 6:00am LAP SWIM 4 Lanes OPEN SWIM	POOL OPENS AT: 6:00am MASTERS TEAM 6:00am – 7:30am OPEN SWIM	POOL OPENS AT: 6:00am LAP SWIM 4 Lanes OPEN SWIM	POOL CLOSED WFLA SWIM TEAM 7:30am – 10:00am
9:00am to 12:00pm	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	POOL OPENS AT: 10:30am SWIM LESSONS 10:30am – 1:30pm OPEN SWIM
12:00pm to 4:00pm	WFLA SWIM TEAM 2:30pm – 6:30pm OPEN SWIM	WFLA SWIM TEAM 2:30pm – 6:30pm OPEN SWIM	WFLA SWIM TEAM 2:30pm – 6:30pm OPEN SWIM	WFLA SWIM TEAM 2:30pm – 6:30pm OPEN SWIM	WFLA SWIM TEAM 2:30pm – 6:30pm OPEN SWIM	SWIM LESSONS 10:30am – 1:30pm WATER EXERCISE 12:00pm – 1:00pm LAP SWIM
4:00pm to 7:00pm	WFLA SWIM TEAM 2:30pm – 6:30pm SWIM LESSONS 4:00pm – 5:00pm POOL CLOSING AT 7:00pm	WFLA SWIM TEAM 2:30pm – 6:30pm WATER EXERCISE 4:00pm – 5:00pm POOL CLOSING AT 7:00pm	WFLA SWIM TEAM 2:30pm – 6:30pm SWIM LESSONS 10:30am – 1:30pm POOL CLOSING AT 7:00pm	WFLA SWIM TEAM 2:30pm – 6:30pm WATER EXERCISE 4:00pm – 5:00pm POOL CLOSING AT 7:00pm	WFLA SWIM TEAM 2:30pm – 6:30pm OPEN SWIM POOL CLOSING AT 7:00pm	LAP SWIM 4 Lanes FAMILY SWIM POOL CLOSING AT 4:00pm

WATER TEMPERATURE: About 82°

OPEN SWIM — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. NO Slide during this time.

FAMILY SWIM — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. No Family Swim during Swim Lessons, Camp Swim, Swim Team Practices, or Water Exercise Classes.

LAP SWIM — Lap Lanes are available throughout the week. Lessons, Swim Teams, or Classes may occasionally limit lap lane availability.

SWIM BANDS — PLEASE SEE BACK FOR SWIM TEST AND BAND INFORMATION. TEST ARE REQUIRED FOR CHILDREN UNDER 14.

SWIM TEAM PRACTICES — Swim Teams are permitted up to 6 Lanes, with the exception of programming lanes. Lap Lane availability WILL be limited during Swim Team Practice times. No Family Swim during this time.

COLD WEATHER — Pool closes any time pool temperature drops below 75 degrees or if the air temperature is below 40 degrees.

INCLEMENT WEATHER — Aquatics staff are required to clear the pool area (including deck and locker rooms) during heavy rain, strong winds, or when lightning is detected within 7 miles of our location



Aquatics Programs

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**



RED LEVEL

SWIM TEST (without flotation assistance)

- Youth who choose not to take a swim test
- Those who are progressing toward the yellow and green band requirements

YELLOW LEVEL

SWIM TEST (without flotation assistance)

- Shallow end, swim on front in horizontal position
- Swim half the length of a 25-yard pool
- Jump in feet first and touch bottom of pool. Surface and tread water for at least 30 seconds

GREEN LEVEL

SWIM TEST (without flotation assistance)

- Swim 25 yards with horizontal movement and arms out of the water
- Jump in feet first and touch bottom of pool. Surface and tread water for 1 minute

