



SUMMER POOL SCHEDULES

June 18–August 25, 2018

EMERY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am–8am LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	5:30am–8am AQUA COMBO (4 lanes) LAP SWIM (2 lanes)	5:30am–8am LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	5:30am–8am AQUA COMBO (4 lanes) LAP SWIM (2 lanes)	5:30am–7am LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	7:30am–4pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	CLOSED
8–8:45 am AQUA COMBO (5 lanes) LAP SWIM (1 lane)	8–8:45am DEEP H2O AEROBICS (5 lanes) LAP SWIM (1 lane)	8–8:45 am AQUA COMBO (5 lanes) LAP SWIM (1 lane)	8–8:45am DEEP H2O AEROBICS (5 lanes) LAP SWIM (1 lane)	8–8:45 am AQUA COMBO (5 lanes) LAP SWIM (1 lane)		
9am –10:30am SWIM LESSONS (2 lanes) OPEN SWIM (4 lanes)	9am–10:30am SWIM LESSONS (2 lanes) OPEN SWIM (4 lanes)	9am –10:30am SWIM LESSONS (2 lanes) OPEN SWIM (4 lanes)	9am –10:30am SWIM LESSONS (2 lanes) OPEN SWIM (4 lanes)	9am –10:30am SWIM LESSONS (2 lanes) OPEN SWIM (4 lanes)		
10:30am –5:30pm LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	10:30am –4:30pm LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	10:30am –5:30pm LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	10:30am –4:30pm LAP SWIM (4 lanes) OPEN SWIM (2 lanes)	10:30am –5:30pm LAP SWIM (4 lanes) OPEN SWIM (2 lanes)		
5:30–6:15 pm AQUA ZUMBA (4 lanes) LAP SWIM (2 lanes)	4:30–5:15 pm AQUA COMBO (4 lanes) LAP SWIM (2 lanes)	5:30–6:15 pm AQUA ZUMBA (4 lanes) LAP SWIM (2 lanes)	4:30–5:15 pm AQUA COMBO (4 lanes) LAP SWIM (2 lanes)	5:30–6:15 pm AQUA ZUMBA (4 lanes) LAP SWIM (2 lanes)		
6:15–7:00 pm LAP SWIM (6 lanes)	5:15–7:00 pm LAP SWIM (6 lanes)	6:15–7:00 pm LAP SWIM (6 lanes)	5:15–7:00 pm LAP SWIM (6 lanes)	6:15–7:00 pm LAP SWIM (6 lanes)		

THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9:00am OPEN THERAPEUTIC (ADULTS ONLY)	CLOSED
9:00– 9:30am STRETCH & BALANCE	9:00am–10:30am SWIM LESSONS	9:00– 9:30am STRETCH & BALANCE	9:00am–9:30am OPEN SWIM	9:00– 9:30am STRETCH & BALANCE	9–7PM OPEN SWIM	
9:30– 11:00am SWIM LESSONS	10:30am–2pm OPEN SWIM	9:30– 11:00am SWIM LESSONS	9:30– 11:30am SWIM LESSONS	9:30am–10:30am SWIM LESSONS		
11:00am–7:00pm OPEN SWIM	2–4pm CLOSED (LincolnHealth Physical Therapy)	10:30am–7:00pm OPEN SWIM	11:30– 2:00pm SWIM LESSONS	10:45am–11:30am CRITTER CAMP	Updated 6/12/2018	
	4pm–7pm OPEN SWIM		2–4pm CLOSED (LincolnHealth Physical Therapy)	11:30–7:00pm OPEN SWIM		

POOL SCHEDULES ARE SUBJECT TO CHANGE

SAUNA: The Sauna is open the hours that Emery Pool is open. Must be 16+ years old to be in the sauna.

OPEN SWIM:

- Children ages 6 –10 years must be accompanied by an adult at all times in the pool area.
- Children under 6 and non swimmers must be accompanied by an adult in the water at all times.
- Swim tests are given to anyone 18 & under; lifejackets must be worn if the swim test is not passed.