

# Oakwood Athletic Club Pool Schedule

November 16, 2018 - February 17, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5am-11pm</b>	<b>5am-11pm</b>	<b>5am-11pm</b>	<b>5am-11pm</b>	<b>5am-11pm</b>	<b>6am - 9pm</b>	<b>7am - 9pm</b>
5:00 am - 9:30 am Lap Swim (6 lanes)	5:00 am - 6:00 am Lap Swim (6 lanes)	5:00 am - 9:30 am Lap Swim (6 lanes)	5:00 am - 6:00 am Lap Swim (6 lanes)	5:00 am - 9:30 am Lap Swim (6 lanes)		
	6:00 am - 7:00 am Lap Swim (1 lane)		6:00 am - 7:00 am Lap Swim (1 lane)		6:00 am - 7:20 am Lap Swim (6 lanes)	
	Masters (5 lanes)		Masters (5 lanes)			
	7:00 am - 9:30 am Lap Swim (6 lanes)		7:00 am - 9:30 am Lap Swim (6 lanes)		7:20/8:20 am-9:30 am Lap Swim (2 lanes)	7:00 am - 9:30 am Lap Swim (6 lanes)
					Masters (4 lanes)	
9:30 am - 10:30 am Lap Swim (3 lanes)	9:30 am - 10:30 am Lap Swim (5 lanes)	9:30 am - 10:30 am Lap Swim (3 lanes)	9:30 am - 10:30 am Lap Swim (5 lanes)	9:30 am - 10:30 am Lap Swim (3 lanes)	9:30 am - 10:30 am Lap Swim (5 lanes)	9:30 am - 10:30 am Lap Swim (4 lanes)
Swim Clinic (3 lanes)	Aqua Fit (1 lane)	Swim Clinic (3 lanes)	Aqua Fit (1 lane)	Swim Clinic (3 lanes)	Lessons (1 lane)	Aqua Fit (2 lanes)*
10:30 am - 11:00 am Lap Swim (6 lanes)	10:30 am - 11:30 am Lap Swim (2 lanes)	10:30 am - 11:00 am Lap Swim (6 lanes)	10:30 am - 11:30 am Lap Swim (2 lanes)	10:30 am - 11:00 am Lap Swim (6 lanes)	10:30 am - 11:30 am Lap Swim (3 lanes)	10:30 am - 12:00 pm Lap swim (6 lanes)
	Masters (4 lanes)		Masters (4 lanes)		Aqua Fit (3 lanes)*	
11:00 am - 12:00 pm Lap Swim (5 lanes)		11:00 am - 12:00 pm Lap Swim (5 lanes)		11:00 am - 12:00 pm Lap Swim (5 lanes)	11:30 am - 12:00 pm Lap Swim (6 lanes)	
Aqua Fit (1 lane)	11:30 am - 2:00 pm Lap Swim (6 lanes)	Aqua Fit (1 lane)	11:30 am - 2:00 pm Lap Swim (6 lanes)	Aqua Fit (1 lane)		
12:00 pm - 2:00 pm Lap Swim (6 lanes)		12:00 pm - 2:00 pm Lap Swim (6 lanes)		12:00 pm - 2:00 pm Lap Swim (6 lanes)	12:00 pm - 5:30 pm Lap Swim (5 lanes)	12:00 pm - 5:30 pm Lap Swim (5 lanes)
2:00 pm - 3:00 pm Lap Swim (6 lanes)	2:00 pm - 3:00 pm Lap Swim (6 lanes)	2:00 pm - 3:00 pm Lap Swim (6 lanes)	2:00 pm - 3:00 pm Lap Swim (6 lanes)	2:00 pm - 3:00 pm Lap Swim (6 lanes)	Family rec (1 lane)	Family rec (1 lane)
3:00 pm - 6:00 pm Lap Swim (5 lanes)	3:00 pm - 4:00 pm Lap Swim (5 lanes)	3:00 pm - 6:00 pm Lap Swim (5 lanes)	3:00 pm - 4:00 pm Lap Swim (5 lanes)	3:00 pm - 6:00 pm Lap Swim (5 lanes)		
Lessons (1 lane)	Lessons (1 lane)	Lessons (1 lane)	Lessons (1 lane)	Lessons (1 lane)		
	4:00 pm - 11:00 pm Lap Swim (6 lanes)		4:00 pm - 11:00 pm Lap Swim (6 lanes)			
6:30 pm - 7:30pm Lap Swim (2 lanes)		6:30 pm - 7:30pm Lap Swim (2 lanes)		6:30 pm - 7:30pm Lap Swim (2 lanes)	5:30 pm - 9:00pm Lap Swim (6 lanes)	5:30 pm - 9:00pm Lap Swim (6 lanes)
Masters (4 lanes)		Masters (4 lanes)		Masters (4 lanes)		
7:30 pm - 11:00 pm Lap Swim (6 lanes)		7:30 pm - 11:00 pm Lap Swim (6 lanes)		7:30 pm - 11:00 pm Lap Swim (6 lanes)		

## Jr Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am - 11:00 am Family rec	5:00 am - 9:30 am Family rec	5:00 am - 11:00 am Family rec	5:00 am - 9:30 am Family rec	5:00 am - 11:00 am Family rec	6:00 am - 9:00 am Family rec	7:00 am - 12:00pm Family rec
	9:30am - 10:30am Aqua Fit*		9:30am - 10:30am Aqua Fit*		9:00 am - 1:00 pm Family rec (1/2 pool)	12:00pm - 1:00pm Family rec (1/2 pool)
	10:30 am - 3:00 pm Family rec		10:30 am - 3:00 pm Family rec		Lessons (1/2 pool)	Lessons (1/2 pool)
11:00 am - 12:00 pm Aqua Fit*		11:00 am - 12:00 pm Aqua Fit*		11:00 am - 12:00 pm Aqua Fit*	1:00 pm - 9:00 pm Family rec	1:00 pm - 9:00 pm Family rec
12:00 pm - 3:00 pm Family rec		12:00 pm - 3:00 pm Family rec		12:00 pm - 3:00 pm Family rec		
3:00 pm - 5:30 pm Family rec (1/2 pool)	3:00 pm - 5:30 pm Family rec (1/2 pool)	3:00 pm - 6:00 pm Family rec (1/2 pool)	3:00 pm - 5:30 pm Family rec (1/2 pool)	3:00 pm - 6:00 pm Family rec (1/2 pool)		
Lessons (1/2 pool)	Lessons (1/2 pool)	Lessons (1/2 pool)	Lessons (1/2 pool)	Lessons (1/2 pool)		
5:30pm - 6:30pm Aqua Fit*	5:30pm - 6:30pm Aqua Fit*	6:00 pm - 11:00pm Family rec	5:30pm - 6:30pm Aqua Fit*	6:00 pm - 11:00pm Family rec		
6:30 pm - 11:00pm Family rec	6:30 pm - 11:00pm Family rec		6:30 pm - 11:00pm Family rec			

\* denotes primary instruction pool for aqua fit classes  
Updated 11/1/18

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Lap Swim	Lap Swimming designates lanes for actively swimming laps in the pool. Lap swimmers are expected to share their lane when asked. Please refer to the lap swimming etiquette signs for the correct way to 'split' the lane or circle swim within the lane when 3 or more swimmers are in the lane. The Club provides kickboards and pull buoys for your use.	
Masters	Our year-round Masters Swim program is a successful blend of fitness and competitive swimming for adults (18 year of age and older). Includes workouts for all ability levels.	<b>Masters Swim:</b> <i>Dick Jacobberger</i>
Adult Swim Clinic	The year-round adult lap swim clinic focuses on swimming skills, conditioning, and lap etiquette. This is a fee based program. Please see the Activities Desk for more information.	<b>Adult Swim Clinic:</b> <i>Jake Mefford</i>
Aqua Fit	Provides a cardiovascular and toning workout in an aquatic environment. As water provides both resistance and buoyancy, it allows vigorous exercise with minimal stress on the joints and the spine. It is a fun alternative to land-based aerobics. <i>**If class exceeds 20 participants then an additional lane may be occupied</i>	<b>Aqua Fit:</b> <i>Marian Chris Dori Andrea Jennifer</i>
Swim Lessons	Oakwood offers private swim lessons on a year-round basis. All private adult and children's lessons are taught in 20 minute sessions. See the Activities Desk for instructor information and swim lesson availability.	<b>Instructors:</b> <i>Jake Dick Luis</i>
Competitive Youth Swim Team	Youth Competitive Swim Program runs year round and is divided into three sessions: Summer, Fall, and Winter. The program is designed to help youth develop swimming and competitive skills.	<b>Coaches:</b> <i>Jake Luis</i>
Family Recreational Swimming	Lanes designated for family recreational swimming allow families to utilize the main pool as well as our Jr. pool.	

## **\*Important Pool Area Guidelines\***

For sanitary reasons, please shower before entering the pool or spa

No rafts or Inflatable inner tubes are allowed in either pool at any time

Children are not allowed in designated 'open lap swim' lanes, unless actively swimming laps

Children 6 and under must be within six feet of their parent or legal guardian and under constant supervision

Children 12 and under must be supervised by a parent or legal guardian at all times

Lap lanes are for continuous lap swimming only

Any changes in lane designation are at the discretion of club management and instituted for swimmer safety

**No Lifeguard on Duty**