



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY 2022

Competition Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	4TH OF JULY POOL HOURS: 7:30-12:30p						
6:00							
6:30	Adult Swim 6:30am- 4:00pm	Adult Swim 6:15am - 4:00pm	Adult Swim 6:30am- 4:00pm	Adult Swim 6:15am-4:00pm	Adult Swim 6:30am - 4:00pm	Open Swim 7:30am - 1:30pm	Open Swim 8:30am - 3:30pm
7:00							
7:30							
8:00							
8:30							
9:00				Aqua Bootcamp 8:30- 9:20a 3-4 lanes (5 per lane)			
9:30							
10:00							
10:30							
11:00							
11:30							
12:00	End Lanes used for Camp 12-3p	End Lanes used for Camp 12-3p	End Lanes used for Camp 12-2:30p	End Lanes used for Camp 12-2:00p	End Lanes used for Camp 12-2:00p	JULY 16TH POOL CLOSES AT 11:00AM FOR SWIM MEET	
12:30							
1:00	RYD Swim Team 4:00pm-6:45pm Lanes 5-8	RYD Swim Team 4:00pm-6:30pm Lanes 5-8	RYD Swim Team 4:00pm-6:45pm Lanes 5-8	RYD Swim Team 4:00pm-6:30pm Lanes 5-8	RYD Swim Team 4-6:45pm Lanes 6-8		
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00	Lap Swim 4:00p-8:30p	Lap Swim 4:00p-8:30p	Lap Swim 4:00p-8:30p	Lap Swim 4:00p-8:30p	Lap Swim 4:00p-8:30p		
6:30							
7:00							
7:30							
8:00							

The pool schedule is subject to change upon lifeguard availability.

Spa Policies

1. Must be at least 18 years of age.
2. Swim attire is required.
3. Please shower before entering
4. Do not use without lifeguard supervision
5. Exercise is prohibited
6. Observe reasonable time limits of 10-15 minutes. Then leave the water and cool down before returning for another brief stay if you wish.

Sauna Policies

1. Must be at least 18 years of age.
2. Athletic (shorts & short sleeve shirt) or Swim attire is required. Long pants, long shirts, and shoes are prohibited.
3. Observe reasonable time limits of 10-15 minutes. Then leave the sauna and cool down before returning for another brief stay if you wish.
4. Do not use oils or lotions while in sauna
5. Do not pour water on rocks
6. Must be at least 18 years of age.

Fitness Classes

Maximum capacity for group exercise classes in competition pool is 20 participants - 5 per lane for approved classes.