



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December 2020 Competition Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:30	Closed 5:30-12:00	Adult Swim 5:30-12:00	Closed 5:30-12:00	Adult Swim 5:30-12:00	Adult Swim 5:30-12:00	Family Swim 7:30-12:30	Family Swim 8:30-1:30					
6:00												
6:30												
7:00												
7:30												
8:00								Aqua Fit Shallow 9-9:45 Lanes 1-3	Aqua Fit Shallow 9-9:45 Lanes 1-3	Aqua Fit Shallow 9-9:45 Lanes 1-3	RYD 7:30-9:30 Lanes 4-8	
8:30								Aqua Fit 10-10:45 Lanes 1-3	Aqua Fit 10-10:45 Lanes 1-3	Aqua Fit 10-10:45 Lanes 1-3		
9:00												
9:30												
10:00												
10:30												
11:00	Family Swim 12:00-3:30	Family Swim 12:00-3:30	Family Swim 12:00-3:30	Family Swim 12:00-3:30	Family Swim 12:00-3:30	Family Swim 7:30-12:30	Family Swim 8:30-1:30					
12:00												
12:30												
1:00												
1:30												
2:00												
2:30												
3:00												
3:30												
4:00								Swim Team 3:30-5:30 Lanes 2-8	Swim Team 3:30-5:30 Lanes 2-8	Swim Team 3:30-5:30 Lanes 2-8	Swim Team 3:30-5:30 Lanes 2-8	Swim Team 3:30-5:30 Lanes 2-8
4:30												
5:00												
5:30												
6:00	RYD Swim Team Swim Lessons 5:45-8:15 Lanes 1-8	RYD Swim Team 5:45-8:15 Lanes 2-8	RYD Swim Team 5:45-8:15 Lanes 2-8	RYD Swim Team 5:45-8:15 Lanes 2-8	RYD Swim Team 5:45-8:15 Lanes 2-8							
6:30												
7:00												
7:30												
8:00	Family Swim 8:15-8:30	Family Swim 8:15-8:30	Family Swim 8:15-8:30	Family Swim 8:15-8:30	Family Swim 8:15-8:30							

Spa Policies

1. Must be at least 18 years of age.
2. Swim attire is required.
3. Compliance with Covid19 Procedures is required.
4. Please shower before entering
5. Do not use without lifeguard supervision

Sauna Policies

1. Must be at least 18 years of age.
2. Athletic or Swim attire is required.
3. Compliance with Covid19 Procedures is required.
4. Do not use oils or lotions while in sauna
5. Long pants, shirts and shoes are prohibited.