



Family Swim & Fitness Schedules

Schedule Effective June 16 - September 5

Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-1:00pm Family Swim (OAP)	10:30-1:00pm Family Swim (OAP)	10:30-1:00pm Family Swim (OAP)	10:30-1:00pm Family Swim (OAP)	10:30-1:00pm Family Swim (OAP)	8:00 - 10:30am Parent Child Swim (CP)	9:00 - 10:30am Parent Child Swim (CP)
1:00 - 4:00pm Open Recreation Swim (All Pools)	1:00 - 4:00pm Open Recreation Swim (All Pools)	1:00 - 4:00pm Open Recreation Swim (All Pools)	1:00 - 4:00pm Open Recreation Swim (All Pools)	1:00 - 4:00 pm Open Recreation Swim (All Pools)	10:30 am - 6:00 pm Open Recreation Swim	10:30 am - 6:00 pm Open Recreation Swim
4:00-7:15 pm Family Swim (OAP)	4:00-7:15 pm Family Swim (OAP)	4:00-7:15 pm Family Swim (OAP)	4:00-7:15 pm Family Swim (OAP)	4:00-7:15 pm Family Swim (OAP)	Weekends: Indoor Pools open 10:30 am-6:00 pm; Outdoor Pools open 11:30 am-5:30 pm.	
7:15-9:00 pm Open Recreation Swim (IP)	7:15-9:00 pm Open Recreation Swim (IP)	7:15-9:00 pm Open Recreation Swim (IP)	7:15-9:00 pm Open Recreation Swim (IP)	7:15-9:00 pm Open Recreation Swim (IP)		

OAP- Outdoor Activity Pool IP- Indoor Pools CP- Children's Indoor Pool

Open Recreation Swim - Swimming fun for everyone! Features include low and high diving boards, rope swing, water basketball, inner tubes, mats and more! Outdoor activity pool slide and features will be open during afternoon swims. Recreation swims are open to all ages, however, children 6 years and under must be supervised by a responsible person 14 years or older. The small children's pool is reserved for children 6 years and under or non-swimmers. Fee: JSFC pass or drop-in fee: ages 3-15 \$3.50; ages 16-18 \$4.50; adult \$5.50; ages 2 and under are free with paying adult.

Family Swim - A families only time in the outdoor activity pool. This is a great alternative for families looking for a quieter time than open recreation swim times. All children must be accompanied by an adult. Fee: JSFC general pass or drop in fee: ages 3-15 \$3.50; ages 16-18 \$4.50; adult \$5.50; ages 2 and under are free with paying adult.

Parent-Child Swim - Special time for children 6 years & younger and their parents in the indoor children's pool. **Adult supervision is required in the water with all children.** Swim diapers are required for all children who are not potty trained. Fee: JSFC general pass or drop-in fee. Ages 3-6 \$3.50; adult \$5.50; ages 2 and under are free with paying adult.

CLOSURES

- August 6 Activity pool closed at 3:45 pm
- August 7 All pools closed for swim meet
- August 8 Recreation swim 2:30-6:00 pm All pools

***Fitness Schedule for Youth
August 23-Sept 3***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00–11:00 am Teen Time		9:00–11:00 am Teen Time		8:00-11:00 am Teen Time Fitness Center
4:00 pm Teen Orientation \$	4:00 pm Teen Orientation \$	4:00 pm Teen Orientation \$			\$ - Additional fee
4:00-7:00 pm Teen Time Fitness Center	4:00-7:00 pm Teen Time Fitness Center	4:00-7:00 pm Teen Time Fitness Center	4:00-7:00 pm Teen Time Fitness Center	4:00-7:00 pm Teen Time Fitness Center	

Ages 0-6 years.

Kid's Corner is where our trained staff provides a nurturing, fun and safe environment for your children ages 6 weeks-6 years while you exercise. Hours: Monday - Friday 8:00am–1:00pm; Monday-Thursday 4:10 – 7:00 pm; Saturday 8:00 - 11:00am. Drop in fee: \$3.50 per hour per child or 10 hours for \$25

Ages 12 years & up

Fitness Center use

All teens ages 12-17 must attend a teen fitness center orientation and have a signed parental waiver on file before using the fitness center. After completing the orientation, individuals ages 16-17 may use the fitness center at any time. Youth ages 12-15 may use the fitness center only during our supervised Teen Time or with parental supervision. Youth under the age of 12 years old are not allowed in the fitness center.

Teen Time - Supervised time in the fitness center where teens can work out together.

Teen Orientations – These in-depth training sessions are designed to teach safe and effective use of all equipment, components of fitness, exercise principles, weight training techniques and fitness center etiquette and policies. A parental waiver is required. Fee: \$12