

# Lap Pool PAC Schedule

Effective 3/13/2012

## Monday

Time	Class	Number of Open Lanes
4:30-5 am	Pool Closed	0.
5-5:30 am	Lap Swim	6
5:30-6:30 am	Shallow/Deep Combo	3
6:30-8:15 am	Lap Swim	6
8:15-9 am	Aqua Circuit Express	3
9-10 am	Aqua Fit	3-6
10- 12 pm	Lap swim	6
12-1 pm	<b>US Masters Swim</b>	3
1-3:30 pm	Lap Swim	6
3:30-5:15 pm	Lap Swim and <b>Private Swim Lessons</b>	4
5:15-6 pm	Aquatic Kickboxing Express	2-3
6- 6:45 pm	DEEP WATER RUNNING	2-3
6:45-7 pm	Lap Swim	6
7-7:30 pm	<b>Swimming Lessons</b>	3
7:30-11 pm	Lap Swim	6
11 pm-Midnight	Pool Closed	0

## Tuesday

Time	Class	Number of Open Lanes
4:30-5:30 am	Lap Swim	6
5:30-6:30 am	<b>US Master Swim</b>	0
6:30-9:00 am	Lap Swim	6
9-9:45 am	Aqua Fit Express	3
9:45- 10 am	Core Deep	3
10-3:30 pm	Lap Swim	6
3:30-5:30 pm	Lap Swim and <b>Private Swim Lessons</b>	4
5:30-6:15 pm	AQUA ZUMBA	0
6:15-6:30 pm	Lap Swim	6
6:30-7:30 pm	Lap Swim and <b>Swimming Lessons</b>	3
7:30-9 pm	Lap Swimming	6
9-10 pm	Diving Practice/ Lap Swim	6
10 pm to midnight	Pool Closed	0

## Wednesday

Time	Class	Number of Open Lanes
4:30-5 am	Pool Closed	0.
5-5:30 am	Lap Swim	6
5:30-6:30 am	Aqua Fitness	3
6:30- 9 am	Lap Swim	6
9-10 am	Shallow/Deep Combo	3-6
10-12 pm	Lap Swim	6
12-1 pm	<b>US Masters Swim</b>	3
1- 3:30 PM	Lap Swim	6
3:30-5:30pm	Lap Swim and <b>Private Swim lessons</b>	4
5:30-6:30 pm	Shallow/ Deep	2-3
6:30- 7:30 pm	<b>Swimming Lessons</b>	3
7:30-9 pm	Lap Swim	6
9-10 pm	Lap Swim / Diving Practice	6
10 pm-Midnight	Pool Closed	0

## Thursday

Time	Class	Number of Open Lanes
4:30-5:30 am	Lap Swim	6
5:30-6:30 am	<b>US Master Swim Program</b>	0
6:30-9 am	Lap Swim	6
9-10 am	WATER IN MOTION	2-3
10 am-3:30 pm	Lap Swim	6
3:30-4:00 pm	Lap Swim and <b>Private Swim Lessons</b>	4
4:00-5:30 pm	<b>Swimming Lessons</b>	3
5:30-6:30 pm	Aqua Toys and <b>Swimming Lessons</b>	1
6:30- 7:00 pm	Lap Swim and <b>Swimming Lessons</b>	3
7-7:45 pm	<b>Beginner and Advanced Beginner Swimming Lessons</b> and Lap Swim	3
7:45-11 pm	Lap Swim	6
11pm to midnight	Pool Closed	0

## Friday

Time	Class	Number of Open Lanes
4:30-5 am	Pool Closed	0.
5-5:30 am	Lap Swim	6
5:30-6:30 am	Shallow/Deep Combo	3
6:30-8:15 am	Lap Swim	6
8:15-9 am	Aqua Kickboxing Express	3
9-10 am	Aqua Fit	3-6
10 am-3:30 pm	Lap swim	6
3:30-5 pm	Lap Swim and <b>Private Swim Lessons</b>	4
5-9 pm	Lap Swim and Family Swim	3
9-10 pm	Lap Swim	6
10-10:30 pm	Pool Closed	0

## Saturday

Time	Class	Number of Open Lanes
6-9 am	Lap Swim	6
9-10 am	Aqua Fit	3-6
10-10:45 am	Lap Swim	6
10:45-11:15 am	Lap Swim and <b>Swimming Lessons</b>	3
11:15 am -12 pm	Lap Swim	6
12-1 pm	Lap Swim / Diving Practice	6
1-9 pm	Lap Swim and Family Swim	3
9-10 pm	Lap Swim	6
10-10:30 pm	Pool Closed	0

## Sunday

Time	Class	Number of Open Lanes
6-9 am	Lap Swim	6
9-10 am	Aqua Toys	3-4
10-10:45	DEEP WATER RUNNING	3
10:45- 12 pm	Lap Swim	6
12- 1 pm	Diving Practice/ Lap Swim	6
1-9 pm	Lap Swim and Family Swim	3
9-10:30 pm	Pool Closed	0

### Understanding The Schedule

All lower case type indicates FREE to all members. Classes typed in UPPERCASE type indicates it is a specialty class and is included only in the Platinum, Gold and Gold Cove Memberships. All **Bold Italic** indicates advanced registration and additional program fee.

When the schedule says Diving Practice, please allow a lifeguard to help you find a lane where you can dive without interfering with lap swimmers. You may only dive from the south (diving block) edge of the pool, not the sides or north end

### All Aqua Fitness Classes require a class tag

Please refer to back side of this schedule for individual class descriptions.

When Swimming lessons and other programs are not in session, the lap pool defaults to lap swimming. Swimming Lessons begin January 9 and again February 20.

This spring, PAC is proud to present Red Cross Lifeguarding and Red Cross Water Safety Instructor classes. Please watch for the times and dates to be posted, as these classes will need to share pool space.

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*Schedule subject to change without notice.* Check website for current schedule. Aqua Fitness classes will take 4 lanes when the class size is greater than 15. There is no diving in pool unless otherwise noted on the schedule or during family swim time. All swimmers ages 12 and under must pass a deep water test with the lifeguard prior to swimming in deep end. POP's must check in with the Aquatic Director prior to swimming laps without adult supervision. Children swimming laps during Lap Swim only must have direct adult supervision in the Lap Pool area. Children must be able to swim laps without stopping or hanging on the lane lines, and have to be able to tread water in the deep end. All Children ages 7 and under must have direct parent supervision in the lap pool at all times. All lanes must be shared by swimmers. Circle swimming will begin once there are more than 3 swimmers in a double-width lane. See lifeguard for further assistance in finding a place for you to swim.

**For more info about the Lap Pool contact Anne Baranski at 608-837-4646 or email [a.baranski@prairieathletic.com](mailto:a.baranski@prairieathletic.com)**