| Monday             | Tuesday            | Wednesday          | Thursday           | Friday             | Saturday         | Sunday |
|--------------------|--------------------|--------------------|--------------------|--------------------|------------------|--------|
| Lap Swim (6)       | CLOSED           | CLOSED |
| 5:00- 8:25am       |                  |        |
|                    |                    |                    |                    | Adult Lessons (3)  |                  |        |
|                    |                    |                    |                    | 8-8:30am           |                  |        |
| Nater Aerobics (0) | Water Aerobics (0) | Water Aerobics (0) | Water Aerobics (0) | Water Aerobics (0) | Lap Swim (5)     |        |
| 8:30 - 9:30 AM     | 8:00-9:00 AM     |        |
|                    |                    |                    | Lap Swim (5)       | 1                  | SWIM LESSONS (2) |        |
|                    | Lap Swim (5)       |                    | 9:35 - 12:00 PM    |                    | 9:00-10:00 AM    |        |
| Lap Swim (5)       | 9:35 - 12:00 PM    | Lap Swim (5)       | RSU 40 (4)         | Lap Swim (5)       |                  |        |
| 9:35 - 1:00 PM     | RSU 40 (4)         | 9:35 - 1:00 PM     | 12-1PM             | 9:35 - 1:00 PM     | Lap Swim (5)     |        |
|                    | 12-1PM             |                    | CLOSED             |                    | 10:00 - 4:00 PM  | CLOSED |
| CLOSED             | CLOSED             | CLOSED             | 1:00-2:30 PM       | CLOSED             |                  |        |
| 1:00-2:30 PM       | 1:00-2:30 PM       | 1:00-2:30 PM       | Lap Swim (5)       | 1:00-2:30 PM       |                  |        |
|                    |                    |                    | 2:30 - 3:30 PM     | WES LESSONS        |                  |        |
| Lap Swim (6)       | Lap Swim (4)       | Lap Swim (6)       | LESSONS (2)        | Lap Swim (6)       |                  |        |
| 2:30 - 4:00 PM     | 2:30 - 4:15 PM     | 2:30 - 4:00 PM     | 3:30-4:15pm        | 2:30 - 4:00 PM     |                  |        |
| WCCU (0)           | LESSONS (2)        | WCCU (0)           | Lap Swim (5)       | WCCU (0)           |                  |        |
| 4:00-5:00 PM       | 4:15 - 5:00 PM     | 4:00-5:00 PM       | 4:15-5:00PM        | 4:00-5:00 PM       |                  |        |
| HIGH SCHOOL (0)    |                  |        |
| 5:00-6:00PM        | 5:00-6:00PM        | 5:00-6:00PM        | 5:00-6:00PM        | 5:00-6:00PM        |                  |        |
| Vater Aerobics (2) | Lap Swim (5)       | Water Aerobics (2) | Lap Swim (5)       | Lap Swim (5)       |                  |        |
| 6:00-7:00PM        | 6:00-7:00PM        | 6:00-7:00PM        | 6:00-7:00PM        | 6:00-7:00PM        |                  |        |
| CLOSED             | CLOSED             | CLOSED             | CLOSED             | CLOSED             | CLOSED           | CLOSED |

(\*) MEANS NUMBER OF LANES AVAILABLE FOR LAP SWIMMING {Ex: (2) = 2 lanes available}

| W.C.C. ALCOVE POOL SCHEDULE: NOV 18th - DEC 22nd, 2024 |                      |                  |                  |                              |                             |        |  |  |  |  |
|--|----------------------|------------------|------------------|------------------------------|-----------------------------|--------|--|--|--|--|
| Monday   | Tuesday              | Wednesday        | Thursday         | Friday                       | Saturday                    | Sunday |  |  |  |  |
| Adult Water Walk                                       | Adult Water Walk     | Adult Water Walk | Adult Water Walk | Adult Water Walk             |                             |        |  |  |  |  |
| 5:00 - 8:30 AM   | 5:00 - 8:30 AM       | 5:00 - 8:30 AM   | 5:00 - 8:30 AM   | 5:00 - 8:30 AM               |                             |        |  |  |  |  |
|  |                      |                  |                  | ADULT LESSONS<br>8:00-8:30AM | Open Swim<br>8:00 - 9:45 AM |        |  |  |  |  |
| Water Aerobics   | Water Aerobics       | Water Aerobics   | Water Aerobics   | Water Aerobics               |                             |        |  |  |  |  |
| 8:30 - 9:30 AM   | 8:30 - 9:30 AM       | 8:30 - 9:30 AM   | 8:30 - 9:30 AM   | 8:30 - 9:30 AM               | SWIM LESSONS                |        |  |  |  |  |
| Open Swim  | PARENT TOT 9:30-10AM | Open Swim        | Open Swim        | SPLASH CLASS                 | 9:45-11:45AM                |        |  |  |  |  |
| 9:30-1:00 PM   | Open Swim 10-12pm    | 9:30-1:00 PM     | 9:30-12:00 PM    | 9:30-10:15 AM                |                             |        |  |  |  |  |
|  | RSU 40               |                  | RSU 40           | Open Swim                    |                             | CLOSED |  |  |  |  |
| CLOSED   | 12-1PM               | CLOSED           | 12-1PM           | 10:15 - 1:00 PM              |                             |        |  |  |  |  |
| 1:00 - 2:30 PM   | CLOSED               | 1:00 - 2:30 PM   | CLOSED           | CLOSED                       | Open Swim                   |        |  |  |  |  |
|  | 12:00 - 2:30 PM      |                  | 12:00 - 2:30 PM  | 1:00 - 2:30 PM               | 11:45 - 4:00 PM             |        |  |  |  |  |
|  | Open Swim            |                  | Open Swim        |                              |                             |        |  |  |  |  |
| Open Swim  | 2:30 - 3:30 PM       | Open Swim        | 2:30 - 4:15 PM   | Open Swim                    |                             |        |  |  |  |  |
| 2:30-6:45PM  | LESSONS              | 2:30-6:45PM      | LESSONS          | 2:30-6:45 PM                 |                             |        |  |  |  |  |
|  | 3:30-4:15PM          |                  | 4:15-5PM         |                              |                             |        |  |  |  |  |
|  | Open Swim            |                  | Open Swim        | 1                            |                             |        |  |  |  |  |
|  | 4:15-6:45PM          |                  | 5:00-6:45PM      |                              |                             |        |  |  |  |  |
| CLOSED   | CLOSED               | CLOSED           | CLOSED           | CLOSED                       | CLOSED                      | CLOSED |  |  |  |  |

## **IMPORTANT NOTES:**

\*Depending on class sizes and available space the Alcove may be closed to swim lessons only during those times!\* High School Home Meets 12/6, 12/13, 1/10, 1/31 Pool will close at 5pm!

POOL RULES: No running No diving Children under 4 must have an adult in the water with them Children 4-11 must have an adult in the pool room supervising them If your child is not FULLY potty trained please put them in a swim diaper (If they don't go to bed or ride in the car without a diaper on do not put them in the pool without one!) No Food or Drink (except water!) NO GLASS CONTAINERS!! Only USCG approved lifejackets allowed. No inflatables! Hair shoulder length or longer (regardless of gender) must be tied up in a ponytail or put in a swim cap. Only appropriate swim wear allowed

Lap lanes are for sharing! If you are unwilling to share then you may be asked to wait until one opens up!

\*If you plan on bringing a large group to swim it is always a good idea to call ahead of time to give us a heads up, so that we can hopefully accommodate everyone staff wise! Thank you!\*