

# Doling Aquatic Center Schedule

January 2, 2020– May 26, 2020

	5:15 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8-9 p.m.	
Sunday								Open Swim 12-5p.m.									
								Guaranteed Lap Swim 12-5p.m.									
Monday	Guaranteed Lap Swim 5:15a.m.-3:00p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Guaranteed Lap Swim 4-5:45p.m.	Learn to Swim 5:45-6:30p.m.	Guaranteed Lap Swim 6:30-9p.m.		
	Water Aerobics 9-10 a.m.			Little Splashers 11:30a.m.-1p.m.									Open Swim 4-9p.m.				
Tuesday	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Guaranteed Lap Swim 4-6:30p.m.		Water Aerobics 6:30-7:30p.m.	Guaranteed Lap Swim 7:30-9p.m.	
	Water Aerobics 9-10 a.m.			Open Swim 4-5:30p.m.									Water Aerobics 5:30-6:30p.m.		Open Swim 6:30-9p.m.		
Wednesday	Guaranteed Lap Swim 5:15a.m.-1p.m.						Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Guaranteed Lap Swim 4-5:45p.m.	Learn to Swim 5:45-6:30p.m.	Guaranteed Lap Swim 6:30-9p.m.			
	Water Aerobics 9-10 a.m.			Little Splashers 11:30a.m.-1p.m.		Homeschool 1-2:30p.m.						Open Swim 4-9p.m.					
Thursday	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Guaranteed Lap Swim 4-5:30p.m.	Water Aerobics 5:30-6:30p.m.	Water Aerobics 6:30-7:30p.m.	Guaranteed Lap Swim 7:30-9p.m.	
	Water Aerobics 9-10 a.m.		Mommy & Me 10:30-11:15a.m.			Open Swim 4-9p.m.											
Friday	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Guaranteed Lap Swim 4-9p.m.				
	Water Aerobics 9-10 a.m.			Little Splashers 11:30a.m.-1p.m.									Open Swim 4-9p.m.				
Saturday								Guaranteed Lap Swim 7a.m.-7:30p.m.									
	Water Aerobics 9:30-10:30a.m.			Open Swim 12-7:30p.m.													

\*All dates and times are subject to change  
 \*\*Amended Schedule Dates are on back



Please Take Note:

1. Little Splashers: Features on, no slide available
2. Learn to Swim: No features or slide available
3. 6:30-7:30p.m. Water Aerobics: Lap lanes unavailable

## **Amended Schedule Dates/ Times:**

Jan. 2-3, Jan. 20, Feb. 17, March 13, March 16-20, April 10 = Open Swim 2-9pm

## **Youth Swim Policy**

MONDAY: 11:30am-1:00pm Little Splashers is open to members and non-members with children ages 5 and under.

TUESDAY: 10:30am-3:00pm accompanied by an adult member.

WEDNESDAY: 11:30am-1:00pm Little Splashers is open to members and non-members with children ages 5 and under.

THURSDAY: 10:30am-3:00pm accompanied by an adult member.

FRIDAY: 11:30am-1:00pm Little Splashers is open to members and non-members with children ages 5 and under.

SATURDAY: 10:30am-12:00pm accompanied by an adult member.

## **Schedule and Program Descriptions**

Open Swim= Features will be turned on during this time. Classes and programs may be held during this time which may affect the use of features by guests

Guaranteed Lap Swim= Lap lanes will be designated for lap swim only. Please use proper swim etiquette. Note: Chesterfield Aquatics Center lap lanes are 25 Meters.

Little Splashers= A designated time for children 5 and under, accompanied by an adult in the water. The fire hydrant spray feature may be turned on at this time upon request.

Water Aerobics= A mix of cardio exercise and toning. This class is low impact on the joints. Great for beginners or experienced exercisers.

Mommy & Me= For children ages 6 months- 3 years old and their parents, participants are guided through a variety of pre-swimming fundamentals

Learn to Swim= Designed for children age 6 months to 12 years, this program focuses on swimming skills and water safety up to Level 2.

Home school Swim= This program is offered to children ages 5 – 14 years old. Participants gain a broader knowledge of swimming strokes, water skills and safety as well as aquatic exercise.

Stingrays Swim Team= For swimmers age 6-18 who would like to focus on stroke technique and endurance.