

# Doling Aquatic Center Schedule

October 26, 2020-April 30, 2021

	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.	7-8 p.m.		
<b>Sunday</b>								Open Swim 12-5p.m.									
								Guaranteed Lap Swim 12-5p.m.									
<b>Monday</b>	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)				Guaranteed Lap Swim 4-8p.m.					
					Water Aerobics 9-10 a.m.							Little Splashes 11:30a.m.-1p.m.				Open Swim 4-8p.m.	
<b>Tuesday</b>	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)				Guaranteed Lap Swim 4-6:25p.m.		Water Aerobics 6:30-7:30p.m.	Lap Swim 7:30- 8p.m.	Open Swim* 4-8p.m.	
					Water Aerobics 9-10 a.m.							Little Splashes 11:30a.m.-1p.m.			Open Swim* 4-8p.m.		
<b>Wednesday</b>	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)				Guaranteed Lap Swim 4-8p.m.					
					Water Aerobics 9-10 a.m.							Little Splashes 11:30a.m.-1p.m.				Open Swim 4-8p.m.	
<b>Thursday</b>	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)				Guaranteed Lap Swim 4-6:25p.m.		Water Aerobics 6:30-7:30p.m.	Lap Swim 7:30- 8p.m.	Open Swim* 4-8p.m.	
					Water Aerobics 9-10 a.m.							Little Splashes 11:30a.m.-1p.m.			Open Swim* 4-8p.m.		
<b>Friday</b>	Guaranteed Lap Swim 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)				Guaranteed Lap Swim 4-8p.m.					
					Water Aerobics 9-10 a.m.							Little Splashes 11:30a.m.-1p.m.				Open Swim 4-8p.m.	
<b>Saturday</b>								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 Splashes: Features on, no slide available
2. Water Aerobics: Lap lanes unavailable during 6:30-7:30p.m. classes (Lap lanes will close to lap swimmers 5 minutes prior to classes to remove lane ropes).

\*Slide will be unavailable for use during 5:30-6:30p.m. classes.

## Amended Schedule Dates/ Times:

Open Swim 2-8p.m.....Nov. 3, Nov. 27, Dec. 23, Dec. 28-30, Jan. 18, Feb. 15, March 12, March 15-19

Open Swim 12-4:30p.m.....Nov. 25, Dec. 24, Dec. 31

Closed for Holiday.....Nov. 26, Dec. 25, Jan. 1

## Youth Swim Policy

- Children 8 years of age and under must be accompanied and directly supervised by a person 16 years of age or older, wearing a swimsuit. Weak or non-swimmers must be within arm's reach of an adult in the pool and directly supervised.
- Children 9-11 must be accompanied by an adult who is to remain in the Aquatic Center.
- Children 12 and older may use the Aquatic Center without an adult in the immediate vicinity, though one must be present in the building at all times.

### MONDAY-FRIDAY

10:30a.m.-3:00p.m. ....Youth (under the age of 18) must be directly accompanied and supervised by an adult **member**.  
11:30a.m.-1:00p.m. ....Little Splashers is open to members and non-members with children ages 5 and under.

## 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 use only. Please use proper swim etiquette.  
Note: Doling Aquatic Center lap lanes are 25 Yards.

**Little Splashers**.....A designated time for children 5 and under, accompanied by an adult in the water.  
Features (except the slide) 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.