

**50 Meter Pool Programming**

Program Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b> Age 13 and over Ages 7-12 years old must be accompanied by an adult and must be able to swim 25 yards without stopping.	9:00 am – 4:00 pm	CLOSED	6:00 am – 7:30 pm	6:00 am – 7:30 pm	6:00 am – 7:30 pm	6:00 am – 7:30 pm	9:00 am – 4:00 pm
<b>Water Polo</b> Co-ed drop in - Age 13 and over	10:30 am – 12:30 pm	CLOSED					

**Warm Water Pool Programming**

Program Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Swim</b> All ages, unless otherwise stated	9:00 am – 10:30 am Adults Only  10:30 am – 12:30 pm Adults and Children 6 years and under ONLY  1:00 pm – 4:00 pm All Ages	CLOSED	6:00 am – 9:00 am	6:00 am – 9:00 am	6:00 am – 9:00 am	6:00 am – 9:00 am	9:00 am – 10:30 am Adults Only  10:30 am – 12:30 pm Adults and Children 6 years and under ONLY  1:00 pm – 4:00 pm All Ages
<b>Recreation Swim</b> With WARM WATER pool, climbing wall water slide, spray zone and 1 <sup>st</sup> lane of the 50 meter pool	1:00 pm – 4:00 pm	CLOSED	1:00 pm – 3:30 pm	1:00 pm – 3:30 pm	1:00 pm – 3:30 pm	1:00 pm – 3:30 pm	1:00 pm – 4:00 pm

Pool schedule is subject to change  
 All Pools Closed Mondays  
 Front Desk at Simpkins Family Swim Center 454-7960  
 25 yard Lap Pool ~ 1760 yards = 1 mile ~70.4 lengths = 1 mile  
**All individuals entering the facility must pay an admission fee**

**Adult Fitness, Water Aerobics and Arthritis Foundation Classes**  
 See monthly calendar for workout and coach schedule

**Forever Fit! Gentle Strength Training for Seniors**  
 Tuesday & Thursday ~ 11am to 12pm ~ in the Live Oak Community Room ~ \$7

**Non Swimmers need to be within arms reach of an adult at all times ~ Children 8 and under must be accompanied by an adult at all times**