

# Doling Aquatic Center Schedule

Effective August 21, 2022

	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.								
								Lap Swimming/Walking 12-5p.m.								
<b>Monday</b>	Lap Swimming/Walking 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Lap Swimming/Walking 4-8p.m.			
					Water Aerobics 9-10 a.m.		Little Splashers 11:30a.m.-1p.m.						Zest 1-2 p.m.			
<b>Tuesday</b>	Lap Swimming/Walking 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Lap Swimming/Walking 4-6:25p.m.		Water Aerobics 6:30-7:30p.m.	Laps 7:30- 8p.m.
					Water Aerobics 9-10 a.m.		Little Splashers 11:30a.m.-1p.m.									Open Swim* 4-8p.m.
<b>Wednesday</b>	Lap Swimming/Walking 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Lap Swimming/Walking 4-8p.m.			
					Water Aerobics 9-10 a.m.		Little Splashers 11:30a.m.-1p.m.									Open Swim 4-8p.m.
<b>Thursday</b>	Lap Swimming/Walking 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Lap Swimming/Walking 4-6:25p.m.		Water Aerobics 6:30-7:30p.m.	Laps 7:30- 8p.m.
					Water Aerobics 9-10 a.m.		Little Splashers 11:30a.m.-1p.m.						Zest 1-2 p.m.			Open Swim* 4-8p.m.
<b>Friday</b>	Lap Swimming/Walking 5:15a.m.-3p.m.							Pool Closed 3-4p.m. Monday-Friday (Except on amended Schedule days)					Lap Swimming/Walking 4-8p.m.			
					Water Aerobics 9-10 a.m.		Little Splashers 11:30a.m.-1p.m.									Open Swim 4-8p.m.
<b>Saturday</b>								Lap Swimming/Walking 7a.m.-7:30p.m.								
												Water Aerobics 9:30-10:30a.m.				

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



Please Take Note:

1. Little Splashers: Small spray features on, no slide available
2. Water Aerobics: Lap lanes unavailable during 6:30-7:30p.m. classes (Lap lanes will close to lap users 5 minutes prior to classes to remove lane ropes).

\*The slide and water features will be unavailable for use during water aerobics classes.

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

Open Swim 2-8p.m.....Sept. 5, Oct. 21, Oct. 31, Nov. 1, Nov. 21-22, Nov. 25, Dec. 23, Dec. 26-30, Jan. 2-3, Jan. 16, Feb. 20,  
March 10, March 13-17, April 21, April 24

Open Swim 12-4:30p.m.....Nov. 23, Dec. 24, Dec. 31

Closed for Holiday.....Nov. 24, 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.

### 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**

**Morning Swim**.....For adults (18+) Monday through Saturday from pool opening until Open Swim time as scheduled, with the exception of the Youth Swim Policy as outlined above.  
Youth ages 17 and under are not to be in the pool prior to the youth swim timeline (10:30a.m. or 11:30a.m., as listed above in relation to membership status).

**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.

**Lap Swimming/Walking**.....Lap lanes will be designated for lap use only, defined as consistent down and back movement, such as water walking and/or lap swimming. Please use proper swim etiquette. No horseplay or diving.  
\*\*Note: Doling Aquatic Center lap lanes are 25 Meters.

**Little Splashers**.....A designated time for children 5 and under, accompanied by an adult in the water.  
Small spray hydrant 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.

**Zest**.....A registration-based class. A mix of cardio exercise and resistance work.