

# UTAH INDOOR POOL APRIL 2024 SCHEDULE

<u>Activity</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Lap Swim</b>	N/A	6am-8am	6am-8am	6am-8am	6am – 8am	6am-8am	N/A
<b>Open Swim</b>	12:30pm-4pm	10am-4pm & 7:30pm-8 pm	10am-7pm (Leisure Pool only from 4pm-6pm)	10am-4pm & 7:30pm-8 pm	10am-7pm (Leisure Pool only from 4pm-6pm)	10am-8pm (Leisure Pool only from 4pm-6pm)	12:30pm-4pm
<b>Overland High School Programs</b>	N/A	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	N/A
<b>City of Aurora Programs</b> (No Open Swim during this period)	Group Swim Lessons 9am-12:30pm	Group Swim Lessons 4pm-7:30pm	CARA Swim Team 7pm-8pm	Group Swim Lessons 4pm-7:30pm	CARA Swim Team 7pm-8pm	N/A	Group Swim Lessons 9am-12:30pm
<b>Aqua Fitness</b> (Monday & Wednesday classes start 4/13)	N/A	9am-10am (Deep Water) 10:15am-11:15am (Water Walking)	N/A	9am-10am (Deep Water) 10:15am-11:15am (Water Walking)	N/A	N/A	8am-9am

**This Schedule is Subject to Change Without Notice**

Due to pool safety protocols, capacity and space restrictions may apply that is otherwise different from what is above.

## Expanded Pool Program Explanations

Lap lanes = 2 swimmers per open lane – **No leisure activities allowed.**

All -Ages swim times- patrons must still adhere to the age restrictions in place for safety as listed below.

**Lap Swim** – Time dedicated to lap swimming, water walking, aquarobics, or any other type of pool exercise. Leisure activities are not allowed.

**Open Swim** – Zones available for use are main pool, diving boards, plunge slide, leisure pool, splash pad, and slide. This may change based on programs or staffing

**City of Aurora Programs** – Registration-based programs available only to guests who have registered for that specific program – A.R.I.S.E, lifeguard training classes, camps, learn-to-swim classes, etc.

**Aqua Fitness** – Organized, instructor-led, drop-in fitness class that takes place in our Main pool. No registration is required. The class is open to anyone with a membership or a paid day pass. No swimming requirement needed.

## Pool Area Age Restrictions

**Children 0-6 years old:** Must be supervised and within arm's reach, in the water, by a guardian 18+ years old at all times. Designated by a wristband. (If the child can pass a swim test, they can get their wrist band removed and be away from their parent).

**Children 7-12 years old:** Must always have a supervising parent or guardian (18+ years old) within the pool area/natatorium during the duration of swim.

**Children 13+ years old:** Allowed to swim by themselves.