

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>
Lap Swim	N/A	6am-8am	6am-8am	6am-8am	6am – 8am	6am-8am	N/A
Open Swim	12:30pm-4pm	10am-4pm & 7pm-8pm	10am-7pm (Leisure Pool only from 4pm-6pm)	10am-4pm & 7pm-8pm	10am-7pm (Leisure Pool only from 4pm-6pm)	10am-8pm (Leisure Pool only from 4pm-6pm)	12:30pm-4pm
Overland High School Programs	N/A	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	8am-10am & 4pm-6pm	N/A
City of Aurora Programs (No Open Swim during this period)	Group Swim Lessons 9am-12:30pm	Group Swim Lessons 4pm-7pm	CARA Swim Team 7pm-8pm	Group Swim Lessons 4pm-7pm	CARA Swim Team 7pm-8pm	N/A	Group Swim Lessons 9am-12:30pm
Aqua Fitness (Monday & Wednesday classes start 4/29)	N/A	9am-10am (Water Walking) 10:15am-11:15am (Deep Water)	N/A	9am-10am (Water Walking) 10:15am-11:15am (Deep Water)	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.