

AQUATICS WEEKLY SCHEDULE



MONDAY

AQUACIZE
8:30AM - 9:15AM
LAP POOL

SWIM TEAM
11:00AM - 12:00PM
LAP LANES

SWIM ASSESSMENT
4:00PM - 7:00PM
POOL

POWERWAVE
6:00PM - 7:00PM
POOL

TUESDAY

LEVEL 1 SWIM CLASS
4:30PM - 7:00PM
*See specific class times at
registration*
REC POOL

LEVEL 2 SWIM CLASS
4:30PM - 7:00PM
*See specific class times at
registration*
LAP POOL

GENERAL PRESCHOOL
SWIM CLASS
4:30PM - 5:00PM
5:50PM - 6:20PM
REC POOL

LEVEL 3 SWIM CLASS
5:10PM - 5:40PM
6:30PM - 7:00PM
LAP POOL

SWIM TEAM
5:30PM - 6:30PM
LAP LANES

ADULT SWIM CLASS
5:50PM - 6:20PM
REC POOL

WEDNESDAY

AQUACIZE
8:30AM - 9:15AM
LAP POOL

FACE UP FIRST
8:30AM - 10:30AM
*See specific class times at
registration*
SLIDE WELL

SWIM ASSESSMENT
4:00PM - 7:00PM
POOL

FACE UP FIRST
4:00PM - 6:00PM
*See specific class times at
registration*
SLIDE WELL

POWERWAVE
6:00PM - 7:00PM
POOL

THURSDAY

AQUACIZE
9:30AM - 10:15AM
LAP POOL

LEVEL 1 SWIM CLASS
4:30PM - 7:00PM
*See specific class times at
registration*
REC POOL

LEVEL 2 SWIM CLASS
4:30PM - 7:00PM
*See specific class times at
registration*
LAP POOL

GENERAL PRESCHOOL
SWIM CLASS
4:30PM - 5:00PM
5:50PM - 6:20PM
REC POOL

LEVEL 3 SWIM CLASS
5:10PM - 5:40PM
6:30PM - 7:00PM
LAP POOL

SWIM TEAM
5:30PM - 6:30PM
LAP LANES

ADULT SWIM CLASS
5:50PM - 6:20PM
REC POOL

FRIDAY

SWIM ASSESSMENT
4:00PM - 7:00PM
POOL

POWERWAVE
6:00PM - 7:00PM
POOL

SATURDAY

AQUA 2.0
9:00AM - 10:00AM
REC POOL

LEVEL 1 SWIM CLASS
9:20AM - 11:10AM
*See specific class times at
registration*
REC POOL

LEVEL 2 SWIM CLASS
9:20AM - 11:50AM
*See specific class times at
registration*
LAP/REC POOL

LEVEL 3 SWIM CLASS
9:20AM - 9:50AM
11:20AM - 11:50AM
LAP POOL

BABY KROCODILES
10:00AM - 10:30AM
LAZY RIVER

GENERAL PRESCHOOL
SWIM CLASS
10:00AM - 11:10AM
REC POOL

LEVEL 4 SWIM CLASS
11:20AM - 11:50AM
LAP POOL

OPEN SWIM HOURS

MONDAY - FRIDAY

REC POOL AND LAP POOL: 5:30AM - 10:00AM (19+)

MONDAY/WEDNESDAY/FRIDAY

BOTH POOLS: 10:00AM - 1:00PM AND 4:00PM - 7:00PM

TUESDAY AND THURSDAY

BOTH POOLS: 10:00AM - 1:00PM

SATURDAYS

BOTH POOLS: 12:00PM - 4:00PM

For any questions or additional class information
please see the
Aquatics Manager
402-905-3592
or Aquatics Assistant Manager
402-905-3591

OCTOBER 2022

AQUATICS HIGHLIGHTS



LIFEGUARDING CLASS

AMERICAN RED CROSS



AGES 15+

REGISTER TODAY!



LIFEGUARD CLASS

The primary purpose of the American Red Cross Blended Learning CPR/AED for Professional Rescuers course is to instruct those who have a duty to act (professional rescuers) in the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

ADULT SWIM LESSONS

This class is perfect for adults with little or no experience in the water. Participants will have the opportunity to learn beginner swim strokes and water safety skills in an encouraging and supportive environment. In this class, participants will be introduced to rhythmic breathing, floats, front crawl, elementary backstroke and treading water.



ADULT SWIM LESSONS



**IT'S NEVER TOO LATE TO LEARN
OR BUILD STRONGER SKILLS!**



FACE UP FIRST LESSONS



AGES 3+

**BUILD LIFE SAVING SWIM SKILLS
IN YOUR YOUNGER ONES!**



FACE UP FIRST

These 10 minute classes utilize the proven Face-Up First Method and S.W.I.M model. The Face-Up First Method is one of the safest and most efficient ways to learn how to swim. These classes offer a small teacher to student ratio (1 instructor per 1 student).

Flip over for our full weekly class schedule!



**KROC
CENTER**
OMAHA

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