




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.							
6:00 a.m.							
7:00 a.m.							
8:00 a.m.	Joint Action		Joint Action		Joint Action		
9:00 a.m.	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	
10:00 a.m.	Deep H2O 10:00 am - 11:00 pm	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	Deep H2O 10:00 am - 11:00 am	Swim lessons 10:00 am - 1:00 pm	
11:00 a.m.	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)		
12:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
1:00 p.m.	12:00 pm - 6:00 pm	12:00 pm - 5:00pm	12:00 pm - 6:00 pm	12:00 pm - 5:00pm	12:00am - 9:30 pm	Open Swim 1:00 pm - 9:00 pm	Open Swim 1:00 pm - 9:00 pm
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.		Swim lessons 5:00pm - 6:30pm		Swim lessons 5:00pm - 6:30pm			
6:00 p.m.	H2O Aerobics		H2O Aerobics				
7:00 p.m.	Open Swim 7:00 pm - 9:30 pm	Open Swim 6:30pm - 9:30pm	Open Swim 7:00pm - 9:30 pm	Open Swim 6:30pm - 9:30pm			
8:00 p.m.							
9:00 p.m.							
9:30 p.m.							

-  = Pool Open to lap swimmers & designated family swim
-  = Lap Lane Available. *Lap swim ONLY. No lifeguard on duty. Swim at own risk.*
-  = Pool Closed




Pool Area Closes at 10:30 pm Every Evening
See back of schedule for slide and rockwall times.
 Pool Schedule is subject to change.
 For more information on the pool schedule or swimming lessons,
 contact the Aquatic Manager at (952) 496-6891.

Aquatic Center Schedule

May 13, - June 1, 2012

Schedule subject to change 952-496-6891

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.							
6:00 a.m.							
7:00 a.m.							
8:00 a.m.	Joint Action		Joint Action		Joint Action		
9:00 a.m.	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	
10:00 a.m.	Deep H2O 10:00 am - 11:00 am	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	Deep H2O 10:00 am - 11:00 am	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	
11:00 a.m.	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	Lap Swim (Lanes only) and Family Swim (Zero depth and splash areas only)		
12:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
1:00 p.m.	12:00 pm	12:00 pm	12:00 pm	12:00 pm	12:00am	Open Swim	Open Swim
2:00 p.m.	-	-	-	-	-	1:00 pm	1:00 pm
3:00 p.m.	6:00 pm	9:30pm	6:00 pm	9:30pm	9:30 pm	-	-
4:00 p.m.						9:00 pm	9:00 pm
5:00 p.m.							
6:00 p.m.	H2O Aerobics		H2O Aerobics				
7:00 p.m.	Open Swim 7:00 pm		Open Swim 7:00pm				
8:00 p.m.	-		-				
9:00 p.m.	9:30 pm		9:30 pm				
9:30 p.m.							

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Aquatic Center Policies

**Lifeguards are on duty during posted open swim hours only.
Schedules are available at the front desk and are subject to change
according to the season.**

The pool area closes at 10:30 pm every evening.

Attire

For the safety of our swimmers and lifeguards, all swimmers must be dressed in proper swimwear. No cut-offs, undergarments, t-shirts, cover-ups, or any other clothing is allowed for these reasons:

- The fibers from these types of clothing clog pool filter baskets.
- The dyes and detergents used in these types of clothing change the PH of the water which can cause an unsanitary swimming environment.
- Undergarments contain body fluids and detergent residue which can cause an unsanitary swimming environment.

All incontinent swimmers (adults or children) must wear swim diapers/non biodegradable diapers made for swimming to help contain body fluids. No exceptions.

Floatation Devices

We allow Coastguard approved personal floatation devices (PFD) only. **No exceptions.** DSF offers the use of Coast Guard Approved lifejackets found in the pool area.

Junior Policies

1. **Children 8 years and younger must be accompanied by an adult in the water at all times. No exceptions.**
2. Children between the ages of 9-13 years must pass a one-length, front stroke swim test in order to be unaccompanied by an adult. Due to the change in lifeguard staff, the swim test must be passed **each time** the junior member wishes to swim. Please see a lifeguard to take the swim test. If the junior member does not pass the swim test, an adult must be on deck at all times. **No exceptions.**
3. Hotel guests must be 18 to enter into Dakotah! Sport & Fitness. A guardian 18 years or older must accompany any child under the age of 18 in the pool at all times. **No exceptions.**

Lap Swim/Family Swim

Lap swim is reserved for those who are non-stop lap swimming. A junior member must be 14 years or older to participate in lap swim and a lifeguard must be on duty. Adult (18+) lap swim only when there is no lifeguard on duty. When occupancy allows, a single lap lane is available during aqua aerobics and swimming lessons for the convenience of our lap swimmers. Please share the lane with other swimmers. **PLEASE NOTE: If the number of aqua aerobics or swimming lesson participants are compromised by a lap lane, no lap swim will be available during these times. Please see a lifeguard for more information.**

Family swim is reserved for families with infants/toddlers. They may use the zero depth and splash deck of the pool.

Rock Wall Schedule

Rock wall is not available during swim lessons. We reserve the right to close the Rockwall if the number of people in the aquatic area compromises the safety of our members and guests. The last climb of the night will be one half-hour before the wall closes for the evening.

Monday-Friday	3:30 p.m-9:00 p.m.
Saturday & Sunday	1:00 p.m.-8:30 p.m.

Water Slide Schedule

Slide is not available during water aerobics or swim lessons.

Monday-Friday	3:30 p.m-9:00 p.m.
Saturday & Sunday	1:00 p.m.-8:30 p.m.