





	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					
9:00 a.m.	H2O Aerobics				H2O Aerobics			H2O Aerobics	H2O Aerobics	H2O Aerobics
10:00 a.m.	Swim Lessons				Swim Lessons			Swim Lessons	Swim Lessons	Lap Swim
11:00 a.m.	10:00 am - 1:00 pm	10:00 am - 1:00 pm	10:00am - 1:00pm	10:00am - 1:00pm	10:00 am - 12:00 pm	10:00am - 1:00pm				
12:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim				
1:00 p.m.										
2:00 p.m.							1:00 pm - 3:30 pm	1:00 pm - 3:30 pm	1:00 pm - 3:30 pm	1:00 pm - 3:30 pm
3:00 p.m.	Swim Lessons 3:30 pm - 5:00 pm	Swim Lessons 3:30 pm - 6:30 pm	Swim Lessons 3:30 pm - 5:00 pm	Swim Lessons 3:30 pm - 6:30 pm	Lap Swim					
4:00 p.m.	5:00 pm	6:30 pm	5:00 pm	6:30 pm						
5:00 p.m.	Lap Swim	H2O Aerobics	Lap Swim	H2O Aerobics						
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 7:00 pm - 9:30 pm	Open Swim 6:30 pm - 9:30pm						
8:00 p.m.										
9:00 p.m.										
9:30 p.m.										

-  = Pool Open to participants/lap swimmers only
-  = 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 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, t-shirts, cut-off shorts, cover-ups, or any other unauthorized swimwear is not allowed in the pool at any time. **No exceptions.**

Floation Devices

We allow Coastguard approved personal floation 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 a 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

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.**

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