



# POOL SCHEDULE: 2025 - 2026 SCHOOL YEAR

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

More information is on back of the schedule.

Monday	Tuesday	Wednesday	Thursday	Friday*	Saturday	Sunday
<p><b>Lap Swim</b> 6:00 - 8:00 AM 8:00 - 11:00 AM (2) 11:00 AM - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Water Walking</b> 6:00 - 8:00 AM 11:00 AM - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Solo Exercise</b> 6:00 - 8:00 AM 11:00 AM - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Open Swim</b> 6:00 - 8:00 AM 11:00 AM - 4:00 PM 6:30 - 7:30 PM</p>	<p><b>Lap Swim</b> 6:00 - 10:00 AM 10 AM-12 PM (2) 12:00-4:00 PM 6:30 - 7:30 PM</p> <p><b>Water Walking</b> 6:00 - 10:00 AM 12:00 - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Solo Exercise</b> 6:00 - 10:00 AM 12:00 - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Open Swim</b> 6:00 - 10:00 AM 12:00 - 4:00 PM 6:30 - 7:30 PM</p>	<p><b>Lap Swim</b> 6:00 - 8:00 AM 8:00 - 11:00 AM (2) 11:00 AM - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Water Walking</b> 6:00 - 8:00 AM 10:00 AM - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Solo Exercise</b> 6:00 - 8:00 AM 10:00 AM - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Open Swim</b> 6:00 - 8:00 AM 10:00 AM - 4:00 PM 6:30 - 7:30 PM</p>	<p><b>Lap Swim</b> 6:00 - 11:00 AM 11 AM-12 PM (2) 12:00-4:00 PM 6:30 - 7:30 PM</p> <p><b>Water Walking</b> 6:00 - 10:00 AM 12:00 - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Solo Exercise</b> 6:00 - 10:00 AM 12:00 - 4:00 PM 6:30 - 7:30 PM</p> <p><b>Open Swim</b> 6:00 - 10:00 AM 12:00 - 4:00 PM 6:30 - 7:30 PM</p>	<p><b>Lap Swim</b> 6:00 - 8:00 AM 8:00 - 10:00 AM (2) 10:00 AM - 1:00 PM 3:30 - 7:30 PM*</p> <p><b>Water Walking</b> 6:00 - 8:00 AM 10:00 AM - 1:00 PM 3:30 - 7:30 PM*</p> <p><b>Solo Exercise</b> 6:00 - 8:00 AM 10:00 AM - 1:00 PM 3:30 - 7:30 PM*</p> <p><b>Open Swim</b> 6:00 - 8:00 AM 10:00 AM - 1:00 PM 3:30 - 4:00 PM* 5:00 - 7:30 PM</p>	<p><b>Lap Swim</b> 8:00-10:00 AM (2-4) 10:00 AM - 1:30 PM</p> <p><b>Water Walking</b> 8:00 - 10:00 AM** 10:00 AM - 1:30 PM</p> <p><b>Solo Exercise</b> 8:00 - 10:00 AM** 10:00 AM - 1:30 PM</p> <p><b>Open Swim</b> 10 AM - 1:30 PM</p> <p><b>Slide</b> 10 AM - 12:00 PM</p>	<p><b>Lap Swim</b> 1:00 - 4:30 PM</p> <p><b>Water Walking</b> 1:00 - 4:30 PM</p> <p><b>Solo Exercise</b> 1:00 - 4:30 PM</p> <p><b>Open Swim</b> 1:00 - 4:30 PM</p>
<p>Monday - Thursday from 4:00 PM - 6:30 PM, the schedule changes based on swim lessons and community programming. The schedule during that time frame is posted in the pool area and online as it becomes available. Thank you kindly for supporting our young swimmers!</p>				<p>*See reverse side for more information about Friday activities.</p>		
<p><b>Must be 18 to use the hot tub or sauna.</b></p>						
<p><b>HOT TUB</b> 6:00 AM - 7:30 PM</p> <p><b>Sauna</b> 6:00 AM - 7:30 PM</p>	<p><b>HOT TUB</b> 6:00 AM - 7:30 PM</p> <p><b>Sauna</b> 6:00 AM - 7:30 PM</p>	<p><b>HOT TUB</b> 6:00 AM - 7:30 PM</p> <p><b>Sauna</b> 6:00 AM - 7:30 PM</p>	<p><b>HOT TUB</b> 6:00 AM - 7:30 PM</p> <p><b>Sauna</b> 6:00 AM - 7:30 PM</p>	<p><b>HOT TUB</b> 6:00 AM - 1:00 PM 3:30 PM - 7:30 PM</p> <p><b>Sauna</b> 6:00 AM - 6:15 PM</p>	<p><b>HOT TUB</b> 8:00 AM - 1:30 PM</p> <p><b>Sauna</b> 8:00 AM - 1:30 PM</p>	<p><b>HOT TUB</b> 1:00 - 4:30 PM</p> <p><b>Sauna</b> 1:00 - 4:30 PM</p>

\* See Friday information on the back of this schedule for more information (e.g., space, times).

(#) means: The number of lanes available. It MAY change depending on other activities (e.g., type, number of participants).

Rules: Pool and hot tub rules can be found online.

General Age Policy: Children 7 and under must have an adult must be in the water in arms reach, 8-13 adult must be on the pool deck. Deep water test required for minors. More information on our age policy and deep water test can be found online.

Break Weeks: During program break weeks, the schedule will generally remain the same; however from 12:00 pm - 1:00 pm, and 4:00 pm - 6:30 pm the schedule may be adjusted. We will post a break week schedule as soon as we can before the break week.

This schedule subject to change without notice. We will try to update Facebook with last minute changes.

# **Daily Activities on the Pool Schedule**

## **Lap Lanes**

Reserved for lap swimming - two per lane. If more than two, you may circle swim if all swimmers agree. If the number of lanes available is reduced because of scheduled activities, the time on the schedule is followed by (#).

## **Water Walking (WW)**

Water walking in Lane 1 . If the space available is reduced because of scheduled activities, the time is followed by "\*\*\*".

## **Solo Ex (SE)**

Work out in the slide area . If the space available is reduced because of scheduled activities, the time is followed by "\*\*\*".

## **Open Swim**

The shallow area, slide area, and Lane 1 are open to all patrons.

## **Limited**

The number of lanes or space available is reduced depending on other activities (e.g., type, number of participants).

## **Slide/Mushroom**

The slide is scheduled to be open on Saturday from 10:00 AM - 12:00 PM.

The mushroom can be turned on at the lifeguards' discretion based off varying factors (e.g., number of swimmers, lifeguards, other activities).

## **Swim Lessons**

Our swim lessons during the school year are Monday - Thursday, 4:00 PM - 6:30 PM , and Saturdays 8:00 am - 10:00 am. Our sessions run for 7- weeks, so if there is extra space available during that time, we will post the times online, and post them in the pool area. Please understand that we will NOT know what those exact times are until the session starts or the week after as there are many factors that determine the space we need. We also have swim lessons one morning a week, but those dates and times are flexible and space will still be available.

## **Water Exercise Classes**

These are part of our fit - pass. Please purchase your Fit - Pass at the Welcome Center and join us for healthy fun! If there are fewer than 15 people in the class people may participate in SE.

# **Other Activities in the Pool**

## **Inservice Training**

Dates and times are to be determined! When there is in - service, the pool and hot tub will be closed.

## **Lifeguard Class**

To be determined! This will only effect a couple lanes and we will post dates and times ahead of time.

## **Schools Out Day Swim**

When Rhinelander schools are closed, OPEN SWIM will be closed from 12:00 PM - 1:00 PM, WW and SE will be in one of the lanes and there will be 2-3 lap lanes available.

## **Sensory Swim**

We have open swim for people to enjoy a quieter time in the pool. Typically it is on Wednesdays from 5:30 PM - 6:30 PM.

## **Fridays**

\*The pool and hot tube are closed 1:00 PM – 3:30 PM.

\*Afterschool kids swim from 4:00 – 5:00 PM on days the Rhinelander School District has school. If Rhinelander School District does not have school, the kids swim from 12:00 - 1:00 PM, and there is open swim from 3:30 PM - 7:30 PM. While the afterschool kids are swimming, WW and SE takes place in one of the lanes, and lap swim takes place in two or three lanes depending on the size of the afterschool group.

\*During the spring we have Safety Around Water which generally takes place from 12:00 PM – 1:00 PM at which time the pool will be closed.