

# Pool Schedule

## September—December 2017

Please refer to reverse side for information on Pool Breaks, Dress Code, Pool Safety, Slide Rules, Lessons Schedules and more.

	Lap Swim/ Open Swim	Water Aerobics & Shallow water Plyo	Swim Lessons	Notes
Monday	5:45am - 8:20am 10:30am - 4:00pm 5:30pm-8:30pm	8:30am - 9:30am** 9:30am - 10:30am*** 5:30pm - 6:30pm	4:00pm-530pm	<p>Water Slide and Play Features available beginning at 4:00pm Monday through Friday.</p> <p>During Lap Swim times there are two lanes open for lap swimming. The other half of the pool is reserved for recreational swimmers.</p> <p><i>Shallow Water Plyometrics October 4— November 8</i></p>
Tuesday	5:45am - 8:20am 9:30am - 5:30pm 7:30pm - 8:30pm	8:30am - 9:30am**	5:30pm - 7:30pm*	
Wednesday	5:45am - 8:20am 10:30am -8:30pm	8:30am - 9:30am** 9:30am - 10:30am*** <i>1pm-1:45pm 1/2 pool</i> 5:30pm - 6:30pm		
Thursday	5:45am - 8:20am 9:30am - 5:30pm 7:30pm - 8:30pm	8:30am - 9:30am**	5:30pm - 7:30pm*	
Friday	5:45am - 8:20am 10:30am - 8:30pm	8:30am - 9:30am** 9:30am - 10:30am*** 5:30pm - 6:30pm		
Saturday	8:00am - 8:00pm		10:00am - 12:00pm* October 1— 29	<p>Water Slide and Play Features available beginning at noon Saturday/Sunday.</p>
Sunday	Noon - 4:30pm			

\* Pools are closed when Swim Lessons are in session. Check schedule on reverse or speak with Front Desk Staff for session status.

\*\* The Lap Pool is closed from 8:30am - 9:30am every Monday - Friday morning for Water Aerobics.

\*\*\*The Lap Pool is closed 930-1030 Monday Wednesday and Friday for Water Aerobics

### Lap Pool:

- ▶ 3.5 - 9 feet deep
- ▶ 4 lanes / 25 yards long
- ▶ 72 lengths (36 laps) = 1 mile
- ▶ 88,500 gallons of water

### Family Pool:

- ▶ 0 - 3.5 feet deep
- ▶ 90 foot water slide
- ▶ 18,500 gallons of water



### 15 Minute Pool Breaks:

- ▶ Monday – Thursday 2:15pm and 7:15pm
- ◆ Friday- 2:15pm and 7:00pm
- ▶ Saturday– 2:15pm
- ◆ Sunday- 2:15pm



## Swim Lesson Schedule

### Session 1 T-TH Evening

September 12— October 5

### Session 3 T-TH Evening

November 28 — December 21

### Session AS1 Sat am

October 7— November 4

### Session 2 T-TH Evening

October 17— November 9

### After School Care Mon

September 18– October 30

## Water Slide Rules

- ▶ Feet first entry only. Sitting or lying on back only.
- ▶ No one is allowed to wear goggles on the slide.
- ▶ Children under 42 inches must be accompanied by an adult (18 or over) and wear a lifejacket.
- ▶ Children over 42 inches have the option of wearing a lifejacket and going down the slide alone or with an adult.
- ▶ No swinging body at the top of the slide to pick up speed.
- ▶ Swimmers must immediately exit the landing area after going down the slide.
- ▶ One person on the slide at a time - exception is a child under 42 inches and wearing a lifejacket may be accompanied by an adult.

## Dress Code

**Swimsuits** - Appropriate swimming attire must be worn at all times. No cut-off or gym shorts. Non-swimming attire can become water logged and /or get caught in drains and filter systems. Non cotton tight clothing is ok as long as you have a appropriate swim suit underneath.

**Children:** Children who wear diapers must wear swimming diapers commonly referred to as “Little Swimmers”. There is a dispenser in the Family Locker Room. Regular diapers are not allowed for the following reasons:

- ▶ When torn, diapers release a gel in to the pool which plugs the pool filters.
- ▶ Diapers absorb water and become extremely heavy, thus impairing the child’s mobility.

## Safety

### Parental Supervision:

- ▶ Parents must accompany children age 5 and under physically into the pool and be wearing a swimsuit.
- ▶ A parent must directly supervise children age 6. (Must remain in sight in the immediate pool area)
- ▶ Children age 7 - 9 must have an adult in the facility with them at all times.

Swim Testing is required if children under the age of 14 are using the deep end of the lap pool, however, if the child chooses to only use the family / waterslide pool, no swim test is required. This includes Birthday Parties and Special Events. Lifeguards are present as a safety precaution.

**Jumps and Flips:** Front dives are permitted only in the 9ft deep area. No back dives, spins or flips allowed.

**Toys and Equipment:** Patrons must leave their toys at home. Goggles and masks must be made of tempered of safety glass. Sitting on or hanging from lap lanes is not allowed.

**No Food or Drink** allowed in the pool area