

POOL SCHEDULE Winter/Spring 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30AM		Lap Swim 5:45AM-8:30AM	Lap Swim 5:45AM-8:30AM	Lap Swim 5:45AM-8:30AM	Lap Swim 5:45AM-8:30AM	Lap Swim 5:45AM-8:30AM		
6:30AM								
7:30AM							Lap Swim **	
830AM	***9-10a women's swimming lessons: 3/1-3/22; 4/26-5/17							
9:30AM		Shallow Water Fitness 8:30A-9:30A	Shallow Water Fitness 8:30A-9:30A	Shallow Water Fitness 8:30A-9:30A	Shallow Water Fitness 8:30A-9:30A	Shallow Water Fitness 8:30A-9:30A	**10A-12P swimming lessons	
10:30AM		Deep Water Fitness 9:30A-10:30A	Deep Water Fitness 9:30A-10:30A	Deep Water Fitness 9:30A-10:30A	Deep Water Fitness 9:30A-10:30A	Deep Water Fitness 9:30A-10:30A	no lap/open swim	
11:30AM		Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	2/8-2/29 4/11-5/2	
12:30PM	Open						Open Swim	
1:30PM	Swim						12-8:30P	
2:30PM	12:00 PM-4:30 PM	Pool Closed Effective January 6th, 2020 1:45P-3:45P Effective January 6th, 2020						
3:30pm	Family Swim*							
4:30PM		Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	
5:30PM		Swimming Lessons 4:45P-7:15P		Swimming Lessons 4:45P-7:15P		Swimming Lessons 4:45P-7:15P		
6:30PM		<u>no open swim</u>		<u>no open swim</u>		<u>no open swim</u>		
7:30PM		Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Family Swim*		
8:30PM								

* Family Swim-features on; slides if 2 guards are present.

**7:45-10a lap swim; 10A-12P Saturday Swimming lessons-NO OPEN/LAP SWIM

***Women's Swimming Lessons. Facility is closed, NO LAP/OPEN SWIM

Swim Lesson Schedule

Tuesday/Thursday Nights 445pm-730pm

Session 1: January 7th-January 30th

Session 2 :February 4th-27th

Session 3: March 3rd-31st (no class March 24th)

Session 4: April 7th-30th

Session 5: May 5th-28th

Saturday Mornings 10am-12p

Session 2: February 8th-29th

Session 4: April 11th-May 2nd

Sunday Mornings 9a-10a (women only)

Session 3: March 1st-22nd

Session 5: April 26th-May 17th

Pool Breaks

Monday-Friday Closed 1:45PM-3:45PM

15 minute pool breaks

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

Lap Pool:

- ◆ 3.5-9 ft deep
- ◆ 4 lanes
- ◆ 72 lengths (36 laps)= 1 mile
- ◆ 88,500 gallons of water

Family Pool:

- ◆ 0-3.5ft deep
- ◆ 90 foot water slide
- ◆ 18,500 gallons of water

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

- ◆ **Toys and Equipment:** Patrons must leave their toys at home. Goggles and masks must be made of tempered of safety glass.
- ◆ **No back dives, spins or flips allowed. Jumps and Flips:** Front dives are permitted only in the 9ft deep area.

Parental Supervision:

- ⇒ *Parents must accompany children age 5 and under physically into the pool.*
- ⇒ *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.

SAFETY

- ◆ Sitting on or hanging from lap lanes is not allowed.
- ◆ No Food or Drink allowed in the pool area