### Pool Schedule Winter/Spring 2020

<table>
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<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td><strong>5:30AM</strong></td>
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<td><strong>6:30AM</strong></td>
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<td><strong>7:30AM</strong></td>
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<tr>
<td><strong>8:30AM</strong></td>
<td><strong>9-10a women's swimming lessons: 3/1-3/22; 4/26-5/17</strong></td>
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<td></td>
<td>**Lap Swim **</td>
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<tr>
<td><strong>9:30AM</strong></td>
<td>Shallow Water Fitness 8:30A-9:30A</td>
<td>Shallow Water Fitness 8:30A-9:30A</td>
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<td>Shallow Water Fitness 8:30A-9:30A</td>
<td><strong>10A-12P swimming lessons no lap/open swim</strong></td>
<td><strong>2/8-2/29 4/11-5/2</strong></td>
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<tr>
<td><strong>11:30AM</strong></td>
<td>Lap/Open Swim</td>
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<td><strong>12:30PM</strong></td>
<td>Open Swim</td>
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<td>Open Swim</td>
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<td><strong>1:30PM</strong></td>
<td>Swim</td>
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<td>12-8:30P</td>
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<td><strong>2:30PM</strong></td>
<td>12:00 PM-4:30 PM</td>
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<td><strong>3:30PM</strong></td>
<td>Family Swim*</td>
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<td><strong>4:30PM</strong></td>
<td>Lap/Open Swim</td>
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<tr>
<td><strong>5:30PM</strong></td>
<td>Swimming Lessons 4:45P-7:15P</td>
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<td><strong>Family Swim</strong></td>
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<td><strong>6:30PM</strong></td>
<td><strong>no open swim</strong></td>
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*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 4:45pm-7:30pm*

- **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.

**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**

- 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.