



Pool Schedule

Jan 10-Feb 6

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 8:00 Lap Swim	5:00 - 8:00 Lap Swim	5:00 - 6:00 Lap Swim	5:00 - 8:00 Lap Swim	5:00 - 8:00 Lap Swim	6:00 - 8:15 Lap Swim	10:00 - 1:30 Open/Lap Swim
8:00 - 8:50 Aqua Fit (4) Lap Swim (2)	8:00 - 8:50 Aqua Fit (4) Lap Swim (2)	6:00 - 6:50 Aqua Fit (2) Lap Swim (4)	8:00 - 8:50 Aqua Fit (4) Lap Swim (2)	8:00 - 8:50 Aqua Fit (4) Lap Swim (2)	8:15 - 9:00 Programming (5) Lap Swim (1)	1:30 - 3:45 Programming (5) Lap Swim (1)
8:50 - 1:00 Open/Lap Swim	8:50 - 4:00 Open/Lap Swim	6:50 - 8:00 Open/Lap Swim	8:50 - 4:00 Open/Lap Swim	8:50 - 1:00 Open/Lap Swim	9:00 - 11:00 Programming	
1:00 - 1:50 Aqua Fit (4) Lap Swim (2)	4:00 - 4:30 Programming(4) Lap Swim (2)	8:00 - 8:50 Aqua Fit (4) Lap Swim (2)	4:00 - 4:30 Programming(4) Lap Swim (2)	1:00 - 1:50 Aqua Fit (4) Lap Swim (2)	11:00 - 3:30 Open/Lap Swim	
1:50 - 4:00 Open/Lap Swim	4:30 - 5:00 Programming	8:50 - 1:00 Open/Lap Swim	4:30 - 5:00 Programming	1:50 - 4:30 Open/Lap Swim		
4:00 - 5:00 Programming	5:00 - 5:30 Programming(5) Lap Swim (1)	1:00 - 1:50 Aqua Fit (4) Lap Swim (2)	5:00 - 5:30 Programming(5) Lap Swim (1)	4:30 - 5:00 Programming(2) Lap Swim (4)		
5:00 - 6:15 Programming(3) Lap Swim (3)	5:30 - 6:00 Programming	1:50 - 4:00 Open/Lap Swim	5:30 - 6:00 Programming	5:00 - 6:00 Open/Lap Swim		
6:00 - 7:30 Water Volleyball (2) Open Swim (2) Lap Swim (1) Programming(2)-till 6:15	6:00-6:50 Aqua Fit (3) Lap Swim (1) Programming(3)	4:00 - 5:00 Programming	6:00-6:50 Aqua Fit (3) Lap Swim (1) Programming(3)	6:00 - 7:30 Water Volleyball (2) Open Swim (2) Lap Swim (2)		
	6:50-7:10 Lap Swim (1) Programming(3) Open Swim (2)	5:00 - 6:15 Programming(3) Lap Swim (3)	6:50-7:10 Lap Swim (1) Programming(3) Open Swim (2)			
	7:10 - 7:30 Open/Lap Swim	6:15- 7:30 Open/Lap Swim	7:10 - 7:30 Open/Lap Swim			

Pool Usage Descriptions

Lap Swim	Age 13 and older unless accompanied by an adult on the pool deck
Open Swim	Adults MUST be in the water at all times with children 7 and under or children 8 and older who cannot pass a swim test
Aqua Fit	Age 10 and older with an adult or at instructor's discretion.
Water Volleyball	Age 13 and older unless accompanied by an adult on the pool deck
Programming	Swim Lessons, Swim Team or other pool related programming

- During Pool Programming there may be temporary lane availability (look for sign on pool deck)
- Please share lanes if busy
- Lanes may be used for Private Swim Lessons any time
- After School Care shares Open Swim lanes from 3-4pm on Thursdays
- Sauna, steam room and whirlpool close when the pool closes
- Pool closes at 7pm the first Tuesday of each month for staff training
- If you are wanting to use the pool after using the sauna, steam room or hot tub please shower off **BEFORE** entering the pool. Also please only use the **Open Swim** lanes to cool off. If **Programming** or **Aqua Fit** is happening please refrain from using the pool to cool off

Pool Rules

- Do not enter the pool area unless there is a lifeguard on duty
- Children 7 years old and under must have an adult in the pool within arms reach at all times. No wristband needed
- Children 8-10 years old may be in the pool independently if they pass a swim test and have a supervising adult watching from the deck. Must wear yellow wristband
- To be in the pool, anyone under 11 years old that does not pass the swim test must stay in the shallow end with someone 16 years or older in the water. Must wear green wristband
- Wear appropriate swimwear
- Forward facing jumps only. No flips, twists or entering the pool sideways or backwards
- Diving in water less than 9 feet is strictly prohibited
- Horseplay, dunking, throwing of children, etc. are strictly prohibited
- All life jackets must be Coast Guard approved (noodles or water wings are not recognized as proper flotation devices)
- Shower with soap and water before entering the pool
- No food, chewing gum, or drink in the pool area (excluding plastic water bottles)
- Diaper changing on the pool deck is not allowed, and all diapered children must wear a swim diaper
- The practice of hyperventilation and breath holding activities in the aquatic facility are strictly prohibited. You may have 20 seconds underwater or one half length of the pool underwater followed by a period of rest above the water
- Walk on the pool deck, do not run
- No breakable containers allowed in the pool area
- The diving board may only be used when no one is within 20 feet of the deep end
- Be aware of your language and actions, this is a family friendly facility
- No Mermaid Tails