



## POOL SCHEDULE & PROTOCOLS

### THERE WILL BE SPECIFIC SESSIONS WHEN USE OF THE POOL WILL BE PERMITTED.

APPOINTMENTS for pool use MUST be made up to 48 hours in advance.

Please maintain social distancing! Exit the pool area as soon as your session is over. Wear a mask to enter/exit the pool area.

If the pool is not in use, you may lap swim or exercise until someone comes to use it for scheduled time.

### LAP SWIMMING: (Ages 18 & over)

Lap swimming will be limited to a maximum of 4 people per 45-minute session

Lanes A (wall side,) B (middle R,) C (middle L,) D (steps side)...specify when reserving

There will be a 15 minute break for sanitization between each session.

LAP SESSIONS: 6-6:45am (M-F,) 7-7:45am (M-F,) 8-8:45am, 9-9:45am, 3-3:45pm, 8-8:45pm (M-F)

### EXERCISE: (Ages 18 & over)

#### There will be NO organized Aqua Classes at this time.

However, you may use the pool for exercise (other than lap swimming) during designated times.

Exercise will be limited to a maximum of 6 people per 45-minute session; 6 feet distancing please.

Spots: 1(front R corner,) 2(middle R,) 3(back R corner,) 4(back L corner,) 5(middle L,) 6(front L corner)...specify when reserving

EXERCISE SESSIONS: 10-10:45am, 11-11:45am, 12-12:45pm (M-F,) 1-1:45pm (M-F,) 2-2:45pm, 6-6:45pm (M-F)

### FAMILY SWIM

Families (all members of the same household) may reserve a time to swim together; at least 1 participant must be 18 or older

Family swim time will be limited to 2 families per 45-minute session

Right half or left half of the pool must be designated when appointment is made

FAMILY SESSIONS: 12-12:45pm (Sat/Sun,) 4-4:45pm (M-F,) 7-7:45pm (M-F)

### 1-ON-1 LESSONS (THERE WILL BE NO GROUP SWIM LESSONS AT THIS TIME)

Private (1-on-1) swim lessons may be scheduled at the following rates:

**MEMBER: \$25 per 1/2 hour lesson; block = \$100 for (5) 1/2 hour lessons**

**NON-MEMBER: \$35 per 1/2 hour lesson**

1-on-1 lessons time will be limited to 3 lessons at a time (1 adult may be in the pool area to accompany a child participant.)

1-ON-1 LESSONS TIMES: Saturday/Sundays: 1-1:30pm; 1:30-2:00pm...M, Tu, W, Th, F: 5-5:30pm; 5:30-6:00pm

1-on-1 lessons must be booked IN ADVANCE with Danielle or April and confirmed with your Instructor

### POOL RULES

#### **No lifeguard on duty...SWIM AT YOUR OWN RISK**

- Check in at the Front Desk; must be an active member; must be out before next scheduled time.
- No running or diving. (This is a shallow pool.)
- No basketball, guests, shower.
- No use of equipment permitted; please disinfect all used areas after use.
- Missed (not cancelled) sessions will result in loss of reservation privileges...3 strikes.
- A mask is required before entering and after exiting the pool area.
- Children 12 & under may not use the pool without adult (18+) supervision.
- Must be 17 years of age to use whirlpool or sauna.
- Appropriate bathing attire must be worn at all times in the wet area.
- No shaving or creams of any sort in the pool, sauna, whirlpool or pool area.
- Families are to use the co-ed Family Changing Room upstairs not the men's and women's locker rooms.
- No boys (of any age) permitted in the women's locker room.