

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 wear a mask to enter/exit the pool area. Exit the pool area as soon as your session is over.

If the pool is not in use, you may lap swim/exercise until someone comes to 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

LAP SESSIONS: 5-5:45am (M-F,) 6-6:45am (M-F,) 7-7:45am (M-F,) 8-8:45am, 9-9:45am, 10-10:45am (Sun-F,) 11-11:45am (Sun,M,Tu,Th) 12-12:45pm (M-F,) 1-1:45pm (M-F,) 2-2:45pm (M-F,) 8-8:45pm (M-F)

EXERCISE: (Ages 18 & over) Exercise will be limited to a maximum of 6 people per 45-minute session;

You may use the pool for exercise (other than lap swimming) during designated times; 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 spot when reserving; EXERCISE SESSIONS: 3-3:45pm

EXERCISE CLASSES: (Ages 18 & over)

AQUA SCULPT: This class focuses on toning and strengthening all major muscle groups.

Noodles, weights, resistance, and flotation equipment are used - 11-11:30am Wednesdays & Fridays

AQUA AEROBICS: This dynamic shallow water class is designed to provide a great cardio fitness workout. Improves agility, strength, endurance, balance, and coordination – 11:30am-12pm Wednesdays & Fridays

SWIM LESSONS - (PARTICIPANTS ONLY IN POOL DURING LESSONS)

ALL lessons must be booked IN ADVANCE with Danielle or April...

GROUP SWIM LESSONS...Please see separate registration form for days, times, price, and rules

Private (1-on-1) or Semi-private (2 participants with 1 Instructor) swim lessons...see separate form for rates.

Private/semi-private lesson times: Sat/Sun: 12-12:30pm, 12:30-1:00pm, 1-1:30pm; 1:30-2:00pm...F: 5-5:30pm; 5:30-6pm

KIDS FUN SWIM - (REGISTERED PARTICIPANTS ONLY IN POOL DURING LESSONS)

Kids Club members ages 5 and older swim under the supervision of pool staff... Th 7-7:45pm & F 6-7pm
Please register for Fun Swim using the Kids Club weekly sign-up sheet...MAXIMUM 15 PARTICIPANTS

Flotation devices will be provided for those who cannot swim in 5 feet

Participants can be dropped off to Staff at pool doors in a bathing suit & mask with their towel

Children must be picked up promptly at the end of the class; Staff is not responsible for changing children
(Kids Club uses the pool as part of Slamming Saturdays from 10am-12pm every Saturday)

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 (shallow pool.) No basketball or guests; pool equipment & flotation devices are not available.
- A mask is required before entering and after exiting the pool area regardless of vaccination status.
- Children 12 & under may not use the pool without adult (18+) supervision; at least 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.
- Families are to use the co-ed Family Changing Room upstairs not the men's/women's locker rooms; No boys of any age) permitted in the women's locker room.