

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.

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) 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) 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) no reservations required

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

FAMILY SWIM: Will be limited to a maximum of 15 people total in the pool area

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

Family swim will be limited to 3 families per time slot. Every person using the pool must be a current member.

FAMILY SESSIONS: 2-2:45pm (Sat&Sun,) 4-4:45pm (M-F,) 7-7:45pm (Tu&F)

PLEASE ENTER & EXIT THE POOL AT TIMES LISTED ABOVE; EXTRA TIME IS NOT PERMITTED

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 KIDS FUN SWIM)

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 24 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 also 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.
- Children 12 & under may not use the pool without adult (18+) supervision; at least 17 years of age to use whirlpool or sauna; non-swimmers must use flotation devices.
- 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.