

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 2 days 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 1-hour session

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

LAP SESSIONS: 5-6am (M-F,) 6-7am (M-F,) 7-8am (M-F,) 8-9am, 9-10am, 10-11am (M-F,) 11-12pm (M,Tu,Th,)
12-1pm (M-F,) 1-2pm (M-F) 2-3pm (M-F & Sat & Sun – **only if no party is booked,*)* 8-8:45pm (M, W, Th, 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

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:** 3-4pm (M-F)

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: Every person using the pool must be a current member.

Families (all members of the same household) may reserve a time to swim together; at least 1 participant must be 18+ and **must remain in the pool area with children.**

FAMILY SESSIONS: 10-11am (Sun,) 11am-12pm (Sun – **only if no party is booked,*)* 3-4pm (Sat & Sun,) 4-5pm (F,) 4-4:45pm (M-Th,) 7-8pm (F * - *only if no party is booked,*)* 8-8:45pm (Tu)

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); MAXIMUM 24

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

This is NON-INSTRUCTIONAL swimming; Flotation devices will be provided for those who can't swim in 5 feet

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

Children must be picked up promptly at the end of the class; Staff is not responsible for changing children

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) are permitted in the women's locker room.
 - Swim parties may be booked Fridays 7-8pm, Saturdays 2-3pm and Sundays 11am-12pm and 2-3pm. Members cannot use the pool during these private parties. Only sauna and whirlpool are open to members.
- *CHECK THE SIGN ON THE POOL DOOR FOR PARTIES.**