

## 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 13 & 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, 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,)* 3-4PM Sun,  
8-8:45pm (M, W, Th, F)

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**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)

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**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

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**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,) 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**

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**SWIM LESSONS: (PARTICIPANTS ONLY IN POOL DURING LESSONS)**

**ALL lessons** must be booked IN ADVANCE with 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

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**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**

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**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.**