

## POOL SCHEDULE & PROTOCOLS – NO LIFEGUARD ON DUTY

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

RESERVATIONS 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) MUST STAY IN YOUR ASSIGNED LANE!!! Will be limited to a maximum of 4 people per 1-hour session...1 PERSON PER LANE**

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

LAP SESSIONS: 2-3pm (\*Sat & \*Sun – *\*only if no party is booked*)

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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 only (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.*

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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 during this class.

**AQUA AEROBICS:** This dynamic shallow water class is designed to provide a great cardio fitness workout. Improves agility, strength, endurance, balance and coordination.

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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: 11am-12pm (\*Sat & \*Sun – *\*only if no party is booked*)  
7-8pm (\*F \*- *only if no party is booked*)

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**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, Private (1-on-1) or Semi-private (2 participants with 1 Instructor) swim lessons ...**

**Please see separate forms for days, times, prices, and rules**

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...**

**You must 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 diapers required for those not potty trained.

**Members cannot use the pool during these private parties.** Only sauna and whirlpool are open to members during parties and lessons. **\*CHECK THE SIGN ON THE POOL DOOR FOR PARTIES.**