

NEW SCHEDULE STARTING OCTOBER 1, 2025

POOL SCHEDULE...PLEASE SEE SPECIFIC USE SESSIONS BELOW.

FOR LAP, EXERCISE & FAMILY: RESERVATIONS FOR POOL USE MAY BE MADE UP TO 2 DAYS IN ADVANCE. CALL OR SEE FRONT DESK.

MUST ARRIVE AT POOL WITHIN 5 MINUTES OF YOUR START TIME OR THE SLOT CAN BE GIVEN AWAY
SEE SIGN ON POOL DOOR FOR CLOSURES SUCH AS PARTIES, ETC.

**EXIT THE POOL AREA AS SOON AS YOUR SESSION IS OVER.
SEE REVERSE FOR MORE SPECIFIC INFORMATION & RULES.**

TIME SLOTS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00AM		LAP	LAP	LAP	LAP	LAP	
6:00-7:00AM		LAP	LAP	LAP	LAP	LAP	
7:00-8:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:00-9:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP
9:00-10:00AM	LAP	LAP	LAP	LAP	LAP	LAP	LAP
10:00-11:00AM	FAMILY	LAP	LAP	EXERCISE	LAP	EXERCISE	
11:00-12:00PM	PARTY OR FAMILY - SEE POOL DOOR	LAP	LAP	11-11:30 AQUA SCULPT 11:30-12 AQUA AEROBICS	LAP	11-11:30 AQUA SCULPT 11:30-12 AQUA AEROBICS	KIDS CLUB
12:00-1:00pm	PRIVATE LESSONS	LAP	LAP	LAP	LAP	LAP	PRIVATE LESSONS
1:00-2:00pm	PRIVATE LESSONS	LAP	LAP	LAP	LAP	LAP	PRIVATE LESSONS
2-3:00pm	PARTY OR LAP - SEE POOL DOOR	LAP	LAP	LAP	LAP	LAP	PARTY OR FAMILY - SEE POOL DOOR
3:00-4:00PM	LAP	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	FAMILY
4:00-4:45PM		FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	
4:45-7:00		GROUP SWIM LESSONS 4:45-7:40pm	GROUP SWIM LESSONS 4:45-7:40pm	GROUP SWIM LESSONS 4:45-7:40pm	GROUP SWIM LESSONS 4:45-7:40pm	5-6PM: PRIVATE LESSONS	KIDS FUN SWIM 6:00-7:00PM
						7-8PM PARTY OR FAMILY - SEE POOL DOOR	
7:00-8:00pm							
8-8:45pm		LAP	FAMILY	LAP	KIDS FUN SWIM 7:45-8:30PM	LAP	

Questions? Please contact April 215-671-9220 x141

APIERCE@northeastracquet.com

NO LIFEGUARD.....SWIM AT YOUR OWN RISK

NO GUESTS...ALL SWIMMERS MUST BE CURRENT MEMBERS

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)

*******ONLY 1-HOUR BOOKING PER DAY*******

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.

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.

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 (*Fri *- only if no party is booked)

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 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

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

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.

- **QUIET ZONE**— Please keep this area quiet. Only sounds related to classes or approved parties permitted.

- 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.**