

WINTER/SPRING

This schedule is subject to change

LAP SWIM

| MAIN INDOOR POOL | TIME | LANES |
|-------------------|------------------|----------------|
| Monday - Thursday | 5 - 8:45 a.m. | 4 Lanes |
| | 9 a.m. - 10 p.m. | 2 Lanes |
| Friday | 5 - 8:45 a.m. | 4 Lanes |
| | 9 a.m. - 9 p.m. | 2 Lanes |
| Saturday | 8 a.m. - 12 p.m. | 3 Lanes |
| | 12 - 8 p.m. | 2 Lanes |
| Sunday | 9 a.m. - 12 p.m. | 3 Lanes |
| | 12 - 6 p.m. | 2 Lanes |

Swim Lessons & Programs

Weekdays from 4-6 p.m., we will be running our swim lesson and swim team programs. **Two lanes will be available but may not have a lane line in place.**

ADDITIONAL INFO



Indoor Pool Hours:

Monday - Thursday: 5 a.m. - 10 p.m.

Friday: 5 a.m. - 9 p.m.

Saturday: 8 a.m. - 8 p.m.

Sunday: 9 a.m. - 6 p.m.



Aquatic Group Exercise Classes:

Monday - Thursday: 5:30 - 6:20 a.m. |

9 a.m. - 12 p.m. | 6 - 6:50 p.m.

Friday: 5:30 - 6:20 a.m. | 9 a.m. - 12 p.m.

Saturday: 9 - 9:50 a.m.

(please refer to the group exercise schedule for classes and times)



Swim Lessons:

Main Indoor & Small Indoor Pool

Monday - Thursday: 4:30 - 7:30 p.m.

Saturday: 8 a.m. - 12 p.m.

(please refer to the swim lesson schedule for current sessions and times)

OPEN SWIM

(Open daily at 12 p.m.)

| MAIN INDOOR POOL | TIME |
|-------------------|----------------------------|
| Monday - Thursday | 12 - 4 p.m. |
| | 4 - 6 p.m. CLOSED |
| Friday | 7:30 - 10 p.m. |
| Friday | 12 - 9 p.m. |
| Saturday | 12 - 8 p.m. |
| Sunday | 12 - 6 p.m. |
| SMALL INDOOR POOL | TIME |
| Monday - Thursday | 12 - 4:25 p.m. |
| | 7:30 - 10 p.m. |
| Friday | 12 - 9 p.m. |
| Saturday | 12 - 8 p.m. |
| Sunday | 12 - 6 p.m. |

POOL LENGTH

↔ | **The indoor pool is 25 yards**
35 laps (70 lengths) = 1 mile

The outdoor pool is 25 meters
32 laps (64 lengths) = 1 mile

**POOL RULES
ON BACK »**



POOL RULES

General

- Obey the lifeguards at all times.
- Shower before entering the pool.
- No running anywhere.
- Shoes and shirt must be worn when entering and leaving the facility.
- Access for all pools is through the locker rooms (*exterior gates are for exit only*).
- No talking to or splashing the guards. It distracts them from their job.
- No smoking or tobacco products allowed anywhere in the facility and on the pool decks.

Diving

- No diving except off the diving board.
- One bounce on the diving board **ONLY**.
- No gainers, cut-a-ways, inwards or reverse dives allowed.
- No flips off the side of the pool.
- See additional diving rules posted behind diving board.

Children

- No throwing of children. They might hit the bottom of the pool or another swimmer.
- No children ages 9 through 17 in the warm water or fountain pools.
- Parents or an adult guardian must accompany children ages 8 and under to the small indoor pool and outdoor fountain pools.

Lap Lanes

- Lap lanes are for lap swimming only.
- Do not swim across, over or under the lap lanes. Enter the lap lanes from the ends only.
- No kickboards or fins allowed in the pool except in the lap lanes.
- Share lanes
 - 1-2 people (split lane)
 - 3 or more people (circle swim)

Swim Attire

- No cut-off jeans unless they are hemmed.
- No thong bathing suits for men or women.
- No street shoes on the pool deck.

Food Items

- No glass containers anywhere in the pool area.

Pool Toys

- No facemasks, fins or flippers.
- No solid balls or Frisbees.
- No large inflatable toys in the pool.
- No floating inner tubes over 20 inches in diameter.

Slide

- Minimum age is 4 years and 40 inches tall.
- See rules posted behind slide.

Hot Tub and Sauna Rules

- Hot tub and sauna hours will follow the main indoor pool schedule and may be closed one hour before facility closing for additional maintenance.
- Adults ages 18 and older only.
- Program participants may not utilize the sauna or hot tub.
- Maximum time limit is 15 minutes while others are waiting.
- Do not use while under the influence of anticoagulants, antihistamines, vasoconstrictors, stimulants, hypnotics, narcotics, tranquilizers, or alcohol.
- Individuals suffering from heart disease, diabetes, high/low blood pressure, and expectant mothers should not use the sauna or hot tub.
- Showers are required by all participants prior to use.
- Appropriate swim attire must be worn at all times.
- Hair longer than shoulder length must be pulled back, tied or braided.
- Additional rules and stipulations may be enforced at any time as a safety concern.

AquaClimb® Rules

- Maximum weight capacity is 225 pounds.
- AquaClimb® should only be used by skilled swimmers.
- The minimum age for AquaClimb® is 5 years.
- No personal flotation devices may be worn when using the AquaClimb®.
- Only one climber at a time may use the wall.
- No diving; feet first entry only.
- Swimmers must exit from side of pool when done.
- Only one swimmer at a time in the "drop zone."
- Never climb above the top climbing panel. The clear panel at the top is NOT a climbing panel.
- Never climb around the sides of the AquaClimb® either onto the pool deck or from the pool deck onto the AquaClimb®.
- Always begin climbing from within the water.
- Climb only when drop zone is clear of swimmers and obstructions.
- Additional rules and stipulations may be enforced at any time for safety

-Any New Rules may be Enforced to Ensure Your Safety-Thank You for Your Cooperation.-

