POOL SCHEDULE

LIBERTY **COMMUNITY CENTER**

WINTER

LAP SWIM

MAIN INDOOR POOL	TIME	LANES
Monday - Thursday	5 - 7 a.m. 7 a.m. - 3:15 p.m. **3:15 - 6 p.m.** 6 - 10 p.m.	4 Lanes 2 Lanes **CLOSED*** 2 Lanes
Friday	5 - 7 a.m. 7 a.m. - 3:15 p.m. **3:15 - 6 p.m.** 6 - 9 p.m.	4 Lanes 2 Lanes **CLOSED*** 2 Lanes
Saturday	8 a.m. - 12 p.m. 12 - 8 p.m.	3 Lanes 2 Lanes
Sunday	9 a.m. - 6 p.m.	2 Lanes

***NO LAP LANES, OPEN SWIM, HOT TUB OR THERAPY POOL* during LPS Swim Team practice from 3:15 - 6 p.m.**

Liberty School District Swim Team

Swim Team dates are Nov. 14, 2022 - Feb. 15, 2023

Swim Meets (POOL AREA CLOSED)

All indoor pool facilities will be **closed** from 2:45 - 8 p.m. on the following days:

- August 30
- September 13
- September 27
- October 4
- December 6
- December 13
- December 20
- January 17, 2023

Swim Practice (NO LAP LANES or HOT TUB)

- Monday - Friday, 3:15 - 6 p.m.
  - **Lap lanes are closed**
  - **Sauna is open regular hours.** Locker rooms will serve as cool down areas if needed.
  - **Hot tub is closed.**
  - **Therapy pool is closed.** LPR programming only.

OPEN SWIM *(Open daily at 12 p.m.)*

MAIN INDOOR POOL	TIME
Monday - Thursday	12 - 3:15 p.m. **3:15 - 6 p.m. | CLOSED*** 7:30 - 10 p.m.
Friday	12 - 3:15 p.m. **3:15 - 6 p.m. | CLOSED*** 7 - 9 p.m.
Saturday	12 - 8 p.m.
Sunday	12 - 6 p.m.
SMALL THERAPY POOL	**TIME**
Monday - Thursday	5 - 7:45 a.m. **7:45 a.m. - 12 p.m. | Seniors** 12 - 3:15 p.m. **3:15 - 7:30 p.m. | CLOSED*** 7:30 - 10 p.m.
Friday	5 - 7:45 a.m. **7:45 a.m. - 12 p.m. | Seniors** 12 - 3:15 p.m. **3:15 - 6 p.m. | CLOSED*** 6 - 9 p.m.
Saturday	12 - 8 p.m.
Sunday	12 - 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)

Pool Length

Indoor pool = 25 yards
- 35 laps (70 lengths) = 1 mile

Outdoor pool = 25 meters
- 32 laps (64 lengths) = 1 mile

Schedule is subject to change. Updated 1/9/23

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.
- Use of personal electronics including cell phones and cameras is prohibited.

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.
- Parent 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.
- Use of personal electronics including cell phones and cameras is prohibited.
- 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.