

# SUMMER POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim & Water Fitness 5:30am - 7:30am	Lap Swim & Water Fitness 5:30am - 7:30am	Lap Swim & Water Fitness 5:30am - 7:30am	Lap Swim & Water Fitness 5:30am - 7:30am	Lap Swim & Water Fitness 5:30am - 8:45am	Lap Swim & Water Fitness 8:00am - 8:45am	
H2O Aerobics 7:45am - 8:45am	H2O Aerobics 7:45am - 8:45am	H2O Aerobics 7:45am - 8:45am	H2O Silver Sneakers 7:45am - 8:45am	Cardio & Toning H2O Aerobics 8:45am - 9:45am	Cardio & Toning H2O Aerobics 9:00am - 10:00am	
Swim Lessons 9:00am - 11:00am	Swim Lessons 9:00am - 11:00am	Swim Lessons 9:00am - 11:00am	Swim Lessons 9:00am - 11:00am	Summer Day Camp 10:00am - 11:00am	Water Fitness 10:15am - 12:00pm	
H2O Aerobics 11:15am - 12:15pm		H2O Aerobics 11:15am - 12:15pm		Lap Swim 11:15am - 1:00pm		
Lap Swim 12:00pm - 1:00pm	Lap Swim & Water Fitness 12:00pm - 1:00pm	Lap Swim 12:00pm - 1:00pm	Lap Swim 11:15am - 1:00pm			
Open Swim 1:00pm to 5:00pm	Open Swim 1:00pm to 3:45pm	Summer Day Camp 1:00pm - 3:00pm TRANSITION (CLOSED) 3:00pm - 4:00pm Lap Swim 4:15pm - 5:15pm	Open Swim 1:00pm to 3:45pm	Open Swim 1:00pm	Open Swim 12:00pm - 4:45pm	Open Swim
H2O Aerobics 5:30pm - 6:30pm	Swim Lessons 4:00pm - 6:00pm	H2O Aerobics 5:30pm - 6:30pm	Swim Lessons 4:00pm - 6:00pm			Open Swim 1:00pm - 4:45pm
Open Swim 6:45pm	Open Swim 6:15pm	Open Swim 6:45pm	Open Swim 6:15pm			
Swim Club 6:00pm - 7:00pm	Swim Club 6:00pm - 7:00pm	Swim Club 6:00pm - 7:00pm	Swim Club 6:00pm - 7:00pm			
Open Swim ends 8:45pm	Open Swim ends 8:45pm	Open Swim ends 8:45pm	Open Swim ends 8:45pm	Open Swim ends 7:45pm		

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

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ALL SWIMMERS YOUNGER THAN 16 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY TO UTILIZE THE DEEP END.

(Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top, tread water for 60 seconds, swim the length of the pool consistently and unassisted, showing a front crawl stroke, and float on the back, showing the skill is efficient.

Classes & Summer Day Camp:

During Swim Club, swim classes, and swim lesson times, the pool will be closed to public open swim.

However, lap swimming will remain available, with 2 lanes designated for lap swimmers during these scheduled program times.

Please note that when the summer camp is using the pool, the facility will be closed to the public and no public swimming will be available during those times.

Inclement Weather Policy:

The pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.

Group Fitness Classes:

Activities indicated in BLUE are instructor-led classes. The participants in these classes must have the ability to see and hear the instructor with no distractions. Please be considerate of others and the ongoing activities. Certain classes might have specific area designated for open swim. Kindly remain within these designated zones; in case of increasing class sizes, the open swim area may be restricted to accommodate group fitness sessions.

Hot Tub:

On alternate Thursdays of every month, the hot tub will be closed from 1:00 P.M. to 5:00 P.M. for routine cleaning and maintenance.

Please note that these timings and days are subject to potential changes.



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AGE RESTRICTIONS

### 8 and under -

must be accompanied in the water arm's length away at all times by an individual 18 years or older

### 14 and younger -

Supervision is recommended (A parent/legal guardian must stay within the building).

### Any individual wearing a flotation device -

must be accompanied in the water at all times by an individual 18 years or older, and within arms reach.

### Open Swim -

Children and Adults are allowed to be in the pool. 2 lap lanes will be kept in for lap swim but once the pool capacity reaches 30 we will remove 1 lane. Once the pool reaches 40 all lanes will be removed.

### Swim Lessons/Swim Club -

The pool will be closed to all members and the public during this time.

(if applicable) 2 lanes will remain in the pool during swimming lessons.

### Lap Swim -

During this time no water fitness activities are allowed in the pool other than swimmers swimming laps.

### Water Fitness -

2 lanes will remain in the pool so long as the attendance does not exceed those expressed in our Open Swim times.

### H2O Aerobics/Aqua Zumba®/Aqua Tabata/H2O Silver Sneakers

During this time there will be no other activities other than those given by the instructor allowed in the pool.

## CHILDREN OR PLAY-TIME IS ONLY ALLOWED DURING OPEN SWIM

## POOL INFORMATION

- 25 yards in length
- 15 Yards in width
- 6 lanes
- The depth of the pool starts at 3ft - 8ft. 6in.

## POOL DRESS CODE:

- Shower before you enter the pool
- Proper swim attire must be worn at all times.  
**Gym shorts, cut-off jeans, cloth and disposable diapers are prohibited.**
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed.

## RULES:

- Swimming without a lifeguard is prohibited.
- No gym shorts, cut-off jeans, cloth, and disposable diapers are prohibited.
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed in the shallow end only, and an adult must be within arm's length at all times.
- Children under 16 years must pass a swim test before they are permitted in the deep end.
- Enter the water facing forward. Diving, flips, back dives, and jumps are prohibited.
- Running and horseplay of any kind are not permitted on the deck, in the pool, or in the locker rooms.
- Any person with bandages, open wounds, infectious disease, or inflamed eyes are not permitted in the pool.
- Breathe-holding activities are not permitted.
- Food, candy, gum, and drinks of any sort are not permitted in the pool area.
- Hanging on lap lanes, float lines, ladders, and rails is not permitted.
- Do not engage in conversation with the guard on duty.