FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINING POOL



SEPTEMBER 2015

Aquatics pool lift is available. Lap pool and training pool are ADA accessible.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:55am Adult Open Training	5:30-7:25am Adult Open Training	5:30-6:55am Adult Open Training	5:30-7:25am Adult Open Training	5:30-6:55am Adult Open Training		
7:00-8:00am Aqua Arthritis Exercise	7:30-8:30am Sculpt and Tone	7:00-8:00am Aqua Arthritis Exercise	7:30-8:30am Sculpt and Tone	7:00-8:00am Aqua Arthritis Exercise	7:00-8:25am Adult Open Training	
8:00-9:00am Aqua Arthritis Exercise	8:30-9:00am Hot Potato!	8:00-9:00am Aqua Arthritis Exercise	8:30-9:00am Hot Potato!	8:00-9:00am Aqua Arthritis Exercise	8:30-1:15pm Swim Lessons	
9:05-9:55am Adult Open Training	9:05-9:55am Family Open Swim	9:05-9:55am Swim Lessons	9:05-9:55am Family Open Swim	9:05-9:55am Adult Open Training		9:00-3:00pm Adult Open Training
10:00-11:00am Aqua Arthritis Exercise	10:00-11:00am Aqua Arthritis Exercise	10:00-11:00am Aqua Arthritis Exercise	10:00-11:00am Aqua Arthritis Exercise	10:00-11:00am Aqua Arthritis Exercise		
11:00a-12:00p Aqua Arthritis Exercise	11:00a-12:00p Aqua Arthritis Exercise	11:00a-12:00p Aqua Arthritis Exercise	11:00a-12:00p Aqua Arthritis Exercise	11:00a-12:00p Aqua Arthritis Exercise		
12:00-1:00pm Healthy Joints	12:00-12:30pm Adult Open Training	12:00-1:00pm Healthy Joints	12:00-12:30pm Adult Open Training	12:00-1:00pm Healthy Joints		
1:00-2:00pm Aqua Arthritis Exercise	12:30-1:30pm Stretch and Strengthen*	1:00-2:00pm Aqua Arthritis Exercise	12:30-1:30pm Stretch and Strengthen*	1:00-2:00pm Aqua Arthritis Exercise		
	1:30-2:30pm Stretch and Strengthen*		1:30-2:30pm Stretch and Strengthen*	2:00-2:25pm Family Open Swim	1:20-2:30pm Adult Open Training	
2:05-2:55pm Adult Open Training	2:35-2:55pm Adult Open Training	2:05-2:55pm Adult Open Training	2:35-2:55pm Adult Open Training	2:30-7:00pm Swim Lessons	2:35-4:30pm Open Swim	
3:00-7:30pm Swim Lessons	3:30-7:00pm Swim Lessons	3:00-7:30pm Swim Lessons	3:30-7:45pm Swim Lessons		4:35-6:15pm Adult Open Training	
7:35-9:45pm Adult Open Training	7:05-8:45pm Open Swim	7:35-9:45pm Adult Open Training	7:50-8:45pm Open Swim	7:45-8:45pm Open Swim		
	8:50-9:45pm Adult Open Training		8:50-9:45pm Adult Open Training	8:50-9:45pm Adult Open Training		

***Registration Required** **RED indicates a change from the previous month.**

- For class descriptions please see our Water Fitness flyer.
- Please read the pool rules, schedules and age requirements for the activity you wish to participate before coming to the pool. Pool rules are located on the back.

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Age Requirements

Adult Open Training: 15 & up
Open Swim: see pool rules, all patrons subject to swim test.
Family Open Swim: Parents with children 5yrs and under.

Pool Rules

1. Listen to the lifeguard at all times. They have the final say on all pool rules.
2. Shower before you enter the pool.
3. Proper swimming attire must be worn at all times. Water shoes must be rinsed off on the pool deck.
4. Children five (5) years old and under must be accompanied in the water by a parent or guardian (18 yrs or older) who can swim. For non-swimmers a ratio of one (1) parent/guardian to one (1) child must be maintained. Parents/guardians and children must remain within arm's reach of each other.
5. If you are a non-swimmer six (6) years old and up, you must be at least 4½ feet tall or wear a Coast Guard Approved Personal Floatation Device. Arm floats and floatation swimsuits are not allowed. Lifeguard has final say on floatation devices.
6. Non-swimmers are restricted to the shallow end of the pool and must remain in water no higher than armpit depth.
7. All swimmers are subject to a swim test. A deep water test is required for swimming in water above 4½ feet deep.
8. Running on the deck, in the locker rooms, showers or hallways is not permitted.
9. Diving is only permitted in the deep end of the lap pool at the 9ft depth.
10. Horseplay of any kind will not be tolerated.
11. Food, soda, gum or candy is not permitted on the pool deck.
12. Kick boards, water buoys and noodles are to be used for instructional purposes only.
13. Equipment is not allowed during open swim. Adults looking to workout with equipment must have lifeguards approval first.
14. Persons with open wounds, skin lesions, sores or inflamed eyes or mouth, nose or ear discharge, or who is a carrier of the micro-organisms of any communicable disease, shall not use the pool.
15. Urinating, expectorating, spitting or blowing your nose in the pool is prohibited.
16. Plastic diaper covers must be worn over diapers for children who are not potty trained.
17. Hanging on the float lines or lap lanes is not permitted.