FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL



SEPTEMBER 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:55am Lap Swim 1 (4 lanes)	5:30-8:55am Lap Swim 1 (4 lanes)	5:30-8:55am Lap Swim 1 (4 lanes)	5:30-8:55am Lap Swim 1 (4 lanes)	5:30-8:55am Lap Swim 1 (4 lanes)	7:00-8:55am Lap Swim 1 (4 lanes)	
9:00-10:00am Aqua Kickboxing*	9:00-10:00am Aqua Blast*	9:00-10:00am Aqua Blast*	9:00-10:00am Aqua Zumba*	9:00-10:00am Aqua Blast*	9:00-10:00am Aqua Burn*	9:00-12:30pm Lap Swim 1 (4 lanes)
10:05-2:55pm Lap Swim 2 (4 lanes)	10:05-2:55pm Lap Swim 2 (4 lanes)	10:05-2:55pm Lap Swim 2 (4 lanes)	10:05-2:55pm Lap Swim 2 (4 lanes)	10:05-2:55pm Lap Swim 2 (4 lanes)	10:05-10:45am Lap Swim 1 (2 lanes)	12:35-3:00pm Open Swim
2:55-3:55pm Lap Swim 2 (1-2 lanes)	2:55-3:55pm Lap Swim 2 (1-2 lanes)	2:55-3:55pm Lap Swim 2 (1-2 lanes)	2:55-3:55pm Lap Swim 2 (1-2 lanes)	2:55-3:55pm Lap Swim 2 (1-2 lanes)	10:00-1:00pm Swim Lessons	
3:00-3:55pm Open Swim (2 lanes)	3:00-3:55pm Open Swim (2 lanes)	3:00-3:55pm Open Swim (2 lanes)	3:00-3:55pm Open Swim (2 lanes)	3:00-3:55pm Open Swim (2 lanes)	1:00-2:30pm Lap Swim 2	
3:25-7:30pm Swim Lessons	3:25-7:45pm Swim Lessons	3:25-7:30pm Swim Lessons	3:25-7:45pm Swim Lessons	3:55-8:00pm Swim Lessons	2:35-4:30pm Open Swim	
7:00-7:30pm Lap Swim 1 (2 lanes)	7:45-8:45pm Open Swim (2 lanes)	7:00-7:30pm Lap Swim 1 (2 lanes)	7:45-8:45pm Open Swim (2 lanes)	4:00-7:15pm Lap Swim 1 (1-2 lanes)	4:35-6:15pm Lap Swim 1 (4 lanes)	
7:30-8:30pm Aqua Burn*	7:45-8:45pm Lap Swim 2 (2 lanes)	7:30-8:30pm Aqua Burn*	7:45-8:45pm Lap Swim 2 (2 lanes)			
8:35-9:45pm Lap Swim 1 (4 lanes)	8:45-9:45pm Lap Swim 1 (4 lanes)	8:35-9:45pm Lap Swim 1 (4 lanes)	8:45-9:45pm Lap Swim 1 (4 lanes)	7:15-9:45pm Lap Swim 1 (4 lanes)		

RED indicates a change from the previous month.

Age Requirements

Lap Swim 1: 15 & up
Lap Swim 2: Parents with youth 8 & up
Open Swim: see pool rules, all patrons subject to swim test
Swim Lessons: if classes permit, one lap swim lane may be available for Lap Swim 1

*youth 8-12 yrs. may participant with parent

- Multiple activities are often scheduled in this pool at the same time.
- Please read the pool rules, schedules and age requirements for the activity you wish to participate before coming to the pool. Pool rules and lap swim tips are located on the back.

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Lap Swim



Lap Swimming Tips
Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool. There is a 15-minute maximum while others are waiting.

Directions
If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

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 lifeguard's 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.