



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

EFFECTIVE : October 29–November 15

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5 am	CLOSED	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED					
5:30 am												
6 am												
6:30 am												
7 am												
7:30 am												
8 am												
8:30 am												
9 am							H ₂ O Combo Exercise (6 lanes available)	Deep Water Exercise (6 lanes available)	H ₂ O Combo Water Exercise (6 lanes available)	Deep Water Exercise (6 lanes available)	Deep Water Exercise (8 lanes available)	Open Swim
9:30 am												
10 am	Swim Lessons (6 lanes available)	Adaptive Water Exercise	Swim Lessons (6 lanes available)	Open Swim	Open Swim	Swim Lessons (6 lanes available)						
10:30 am												
11 am												
11:30 am	Swim Lessons (6 lanes available)	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim						
12 pm												
12:30 pm												
1 pm												
1:30 pm												
2 pm	Swim Team (4 lanes available)	Swim Team (4 lanes available)	Swim Team (4 lanes available)	Swim team (4 lanes available)	Open Swim	Open Swim						
2:30 pm												
3 pm												
3:30 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim						
4 pm												
4:30 pm												
5 pm	CLOSED	Swim Lessons (6 lanes available)	Swim Lessons 5:30—7:30 pm	Swim Lessons (6 lanes available)	Swim Lessons 5:30—7:30 pm	Open Swim	CLOSED					
5:30 pm												
6 pm			Master Swim 6:30 – 8 pm		Master Swim 6:30 – 8 pm							
6:30 pm												
7 pm												
7:30 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim						
8 pm												

*Please note: We will always have a minimum of 2 lanes available for member swimming. "Lanes available" indicates number of lanes open for member swim. Lane availability subject to change when private swim lessons are held.

Pool Rules

No horseplay, profanity, running or unnecessary roughness– we want you to be safe!

We do not permit the following around the pool area: gum, candy, glass objects, smoking or alcohol.

Shower before you enter the pool.

If children are wearing diapers, they must use swim diapers and a plastic bottom over the diaper. Please do not change diapers on the pool deck.

Inflatable swim aids are not allowed.

Diving is not allowed in water less than 9 feet deep.

Underwater distance swimming and breath-holding are not permitted.

When in the water, children under the age of 6 must be within arm's distance of a parent or caregiver who is at least 16 years old.

Children under the age of 10 must have a parent or caregiver on the pool deck with them at all times.

Children under the age of 16 who wish to swim in depths exceeding their height must pass a swim test.

Individuals who wish to use the slide must follow specified usage guidelines along with the manufacturer's height requirements and pass a swim test.

The lifeguard's word is final.

POOL HOURS

Lap Pool

Monday-Friday: 5 am-8 pm

Saturday: 7 am-5 pm

Sunday: 12-5 pm

Family Fun Pool

Closed for the Season

Opening Memorial Day Weekend