



POOL SCHEDULE: JAN. 8TH – MARCH 31ST

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER PARK POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Closed 5-6am	Closed 5-6am	Closed 5-6am	Closed 5-6am	Closed 5-6am	
	Current Channel Only 6-9am	Current Channel Only 6-9am	Water Fitness Raging Waters 5:45-6:30am Current Channel Only 6:30-9am	Current Channel Only 6-9am	Current Channel Only 6-8am Water Fitness Easy Water &Stretch 8-8:45am	
	Open Swim 9-11:30am	Limited Open Swim Lessons 9-11:30am	Limited Open Swim Lessons 9-11:30am	Open Swim 9-11:30am	Open Swim 9-11:30am	Open Swim 7:30-9:30am
Open Swim 11am-3:45pm	Current Channel Only 11:30am-12pm	Current Channel Only 11:30am-12pm	Current Channel Only 11:30am-12pm	Current Channel Only 11:30am-12pm	Current Channel Only 11:30am-12pm	Swim Lesson 9:30am-12pm No Open Swim
<u>Water Slide</u> 1-3:45pm	Closed 12-3:30pm	Closed 12-3:30pm	Closed 12-3:30pm	Closed 12-3:30pm	Closed 12-3:30pm	Open Swim 12-5:30pm
Swim Lessons 4-7pm No Open Swim	Open Swim 3:30-4:30pm	Open Swim 3:30-8:30pm	Open Swim 3:30-8:30	Open Swim 3:30-4:30pm	Open Swim 3:30-8:30pm	<u>Water Slide</u> 1-5pm
	Swim Lessons 4:30-7pm No Open Swim	<u>Water Slide</u> 6:30-8pm	<u>Water Slide</u> 6:30-8pm	Swim Lessons 4:30-7pm No Open Swim	<u>Water Slide</u> 6:30-8pm	
	Open Swim 7-8:30pm			Open Swim 7-8:30pm		
	<u>Water Slide</u> 7-8pm			<u>Water Slide</u> 7-8pm		

LAP POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5-9am	Lap Swim 5-9am	Lap Swim 5-9am	Lap Swim 5-9am	Lap Swim 5-9am	Lap Swim 7:30-8:30am
	Water Fitness Water Works 9:15-10:10am 2 Lap Lanes	Water Fitness Water Works 9:15-10am 2 Lap Lanes	Water Fitness Aqua Zumba 9:15-10:10am 2 Lap Lanes	Water Fitness Water Works 9:15-10am 2 Lap Lanes	Water Fitness Aqua Zumba 9:15-10am 2Lap Lanes	Water Fitness Water Works 8:30-9:25am 2 Lap Lanes
	Open Swim 10:15-11:30am 2 Lap Lanes	Open Swim 10-11:30am 2 Lap Lanes	Open Swim 10:15-11:30am 2 Lap Lanes	Open Swim 10-11:30am 2 Lap Lanes	Open Swim 10-11:30am 2 Lap Lanes	Swim Lessons 9:30am-12pm No Open Swim 1 Lap Lane
Lap Swim 11am-1pm	Lap Swim 11:30am-1:30pm	Lap Swim 11:30am-1:30pm	Lap Swim 11:30am-1:30pm	Lap Swim 11:30am-1:30pm	Lap Swim 11:30am-1:30pm	Lap Swim 12-1pm
Open Swim 1-3:45pm 2 Lap Lanes	Open Swim 1:30-4:30pm 2 Lap Lanes	Open Swim 1:30-6:15pm 2 Lap Lanes	Open Swim 1:30-6:15pm 2 Lap Lanes	Open Swim 1:30-4:30pm 2 Lap Lanes	Open Swim 1:30-8:30 2 Lap Lanes	Open Swim 1-5:30pm 2 Lap Lanes
Swim Lessons 4-7pm No Open Swim 1 Lap Lane	Swim Lessons 4:30-7pm No open swim 1 Lap Lane	Water Fitness Deep Water 6:30-7:15pm 2 Lap Lanes	Water Fitness Water Intervals 6:30-7:15pm 2 Lap Lanes	Swim Lessons 4:30-7pm No open swim 1 Lap Lane		
	Water Fitness Aqua Zumba 6:30-7:30pm 2 Lap Lanes	Open Swim 7:15-9pm 2 Lap Lanes	Open Swim 7:15-9pm 2 Lap Lanes	Water Fitness Aqua Zumba 6:30-7pm 2 Lap Lanes		
	Open Swim 7:30-9pm 2 lap Lanes			Open Swim 7-9pm 2 lap Lanes		
	Lap Swim 9-9:30pm	Lap Swim 9-9:30pm	Lap Swim 9-9:30pm	Lap Swim 9-9:30pm		

No School
Open Swim 12-3:30pm
January 16th
January 27th
February 20th



GENERAL Y POOL INFORMATION



DRESS CODE

Males: *Swim trunks or Speedo-type briefs only. NO* cut-offs, shorts with zippers, or bicycle shorts. *NO* exposed underwear or street clothes.

Females: *Swimsuits must be worn in the pool at all times.* Tight fitting cotton or lycra shirts, shorts or pant may be worn over a swim suit as needed. *NO* exposed underwear, bras (including sports bras) or street clothes.

CHILDREN and INFANTS: Infants must wear swimsuit bottoms with a swim diaper. *NO* diapers or underwear are allowed. Rubber pants over swimsuit bottoms are recommended. Children who are no potty trained are required to wear swim diapers with plastic pants over the diaper. These pants must have elastic around the waist and legs.

SAFETY

For the Lap Pool and Water Park areas:

- Lifeguards are on duty for your safety, please obey their requests.
- *Children ages 0-6 years old must have an adult in the water within an arm's reach of the child*
- *Children ages 7-9 years old must have an adult in the pool area.*
- *Children ages 10 years and older may use the pool facility unattended.*
- Please shower before entering either pool.
- Water wings or inflatable devices are not permitted (lifejackets and noodles are permitted)
- Walk while on the pool deck
- **NO** rough play, throwing others, piggyback rides and riding on shoulders
- Diving is only permitted in the deep end of the lap pool, feet first entry is required in all other areas of the pool
- All personal toys, fins and masks are allowed at the discretion of the lifeguards
- Kickboards and fins are only available to **ADULT** lap swimmers
- **When using the Whirlpool please be aware of the following guidelines:**
- People suffering from heart- disease, diabetes high blood pressure or women who are pregnant should **NOT** use the whirlpool.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting.
- Please limit your time in the whirlpool.
- Please refrain from submerging past your shoulders.
- Adults may use the whirlpool anytime the lap pool is in operation **ADULTS AGES 18 AND OLDER ONLY!**