

# INSTRUCTIONAL POOL SCHEDULE

This schedule will be in effect beginning September 2, 2009.

The splash pad is open during all family swim times.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED 5:15-7:00							
7:00 am	<u>Family Swim</u> 7:00-8:00	<u>Family Swim</u> 7:00-8:00	<u>Family Swim</u> 7:00-8:00	<u>Family Swim</u> 7:00-8:00	<u>Family Swim</u> 7:00-8:00	Pool Closed 7:00-8:30	Pool Closed 7:00-9:00
8:00 am	<u>Water Aerobics</u> 8:00-9:00	<u>Adaptive Aquatics</u> <u>Adult Lessons</u> Open Pool 8:00-9:00	<u>Water Aerobics</u> 8:00-9:00	<u>Adaptive Aquatics</u> <u>Adult Lessons</u> Open Pool 8:00-9:00	<u>Water Aerobics</u> 8:00-9:00	<u>Swimming</u> <u>Lessons</u> 8:30-12:00	
9:00 am	<u>Swimming</u> <u>Lessons</u> 9:00-11:00	<u>Swimming</u> <u>Lessons</u> 9:00-11:00	<u>Swimming</u> <u>Lessons</u> 9:00-11:00	<u>Swimming</u> <u>Lessons</u> 9:00-11:00	<u>Family Swim</u> & <u>Splash Pad</u> 9:00-1:00 ↓		
11:00 am	<u>Family Swim</u> & <u>Splash Pad</u> 11:00-1:00	<u>Movement</u> & <u>Mobility</u> 11:00-12:00  <u>Family Swim</u> 12:00-1:00	<u>Family Swim</u> & <u>Splash Pad</u> 11:00-1:00	<u>Movement</u> & <u>Mobility</u> 11:00-12:00  <u>Family Swim</u> 12:00-1:00		Special Olympic Swim 11:00-12:00	<u>Family Swim</u> & <u>Splash Pad</u>  11:00am-5:55pm ↓
1:00 pm	<u>Active Older</u> <u>Adult Swim</u> 1:00-2:00	<u>Active Older</u> <u>Adult Swim</u> & Fall Proof Class 1:00-2:00	<u>Active Older</u> <u>Adult Swim</u> 1:00-2:00	<u>Active Older</u> <u>Adult Swim</u> & Fall Proof Class 1:00-2:00	<u>Active Older</u> <u>Adult Swim</u> 1:00-2:00	<u>Family Swim</u> & <u>Splash Pad</u>  12:00-5:55 pm	
2:00 pm	<u>Water Aerobics</u> 2:00-3:00	<u>Active Older</u> <u>Adult Swim</u> 2:00-3:00	<u>Water Aerobics</u> 2:00-3:00	<u>Active Older</u> <u>Adult Swim</u> 2:00-3:00	<u>Water Aerobics</u> 2:00-3:00	↓	↓
3:00 pm	<u>Swimming</u> <u>Lessons</u> 3:00-5:30  <b>Break</b> <b>5:30-5:45</b>	<u>Swimming</u> <u>Lessons</u> 3:00-6:15	<u>Swimming</u> <u>Lessons</u> 3:00-5:30  <b>Break</b> <b>5:30-5:45</b>	<u>Swimming</u> <u>Lessons</u> 3:00-6:15	<u>Family Swim</u> & <u>Splash Pad</u> 3:00-5:30  <b>Break</b> <b>5:30-5:45</b>	↓	↓
5:45 pm	<u>Family Swim</u> & <u>Splash Pad</u>  5:45-8:30 pm	<b>Break</b> <b>6:15-6:30</b>  <u>Family Swim</u> & <u>Splash Pad</u> 6:30-7:30 pm  <u>Family Swim</u> & <u>Splash Pad</u> & <u>Water Aerobics</u> 7:30-8:30 pm	<u>Family Swim</u> & <u>Splash Pad</u>  5:45-8:30 pm	<b>Break</b> <b>6:15-6:30</b>  <u>Family Swim</u> & <u>Splash Pad</u> 6:30-7:30 pm  <u>Family Swim</u> & <u>Splash Pad</u> & <u>Water Aerobics</u> 7:30-8:30 pm	<u>Family Swim</u> & <u>Splash Pad</u>  5:45-8:30 pm	CLOSED 5:55 pm	CLOSED 5:55 pm
7:45 pm							
8:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

= Pool open for members participating in current activity  
 = Pool closed to non-registered participants

Schedule subject to change

## Instructional Pool & Splash Pad Rules

1. Parents are responsible for watching their children while in the swimming pools.
2. All persons must shower before using the swimming pools.
3. Please respect the decisions of the lifeguards.
4. Walk at all times during any activity.
5. Diving in the Instructional Pool is not allowed.
6. Food, drinks, and glass bottles are not permitted on pool deck.
7. Foul language, pushing, or horseplay is prohibited.
8. All swimming participants must wear a swim suit, no jeans or cut-offs.
9. Tee shirts will not be allowed into the swimming pool.
10. Only noodles and lifejackets are allowed during family swim. Inflatable devices are not permitted.
11. Children 3 years and under must wear a swim diaper in the pool at all times.
12. Children 10 years and under must be accompanied by an adult into the swimming pool at all times.
13. Children under 14 years of age must be accompanied by an adult in the aquatic area at all times.
14. Non-swimmers must wear a lifejacket or be within arms reach of a parent during all activities.
15. Any child playing in the splash pad must be accompanied by an adult at all times.
16. All family swim participants must check in with the courtesy counter to obtain a wrist band for use of the pool during family swim times. Members will have their membership verified, and non-members will pay for a day use pass.
17. Talking should be kept to a minimum during all water aerobic classes.