



AQUATICS & WELLNESS

## COMPETITION POOL

Lap Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-4:00p All Lanes	5:00a-4:00p All Lanes	5:00a-4:00p All Lanes	5:00a-4:00p All Lanes	5:00a-4:00p All Lanes	7:00a-9:00a All Lanes	8:00a-5:30p All Lanes
4:00p-7:00p Lanes 4-8	4:00p-7:00p Lanes 4-8	4:00p-7:00p Lanes 4-8	4:00p-7:00p Lanes 4-8	4:00p-7:00p Lanes 4-8	4:00p-7:00p Lanes 4-8	
7:00p-8:30p All Lanes	7:00p-8:30p All Lanes	7:00p-8:30p All Lanes	7:00p-8:30p All Lanes	7:00p-8:30p All Lanes	7:00p-8:30p All Lanes	

Water Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30p-6:30p Deep: Amy		5:30p-6:30p Deep: Kathryn		9:00a-10:00a Boot Camp: Molly/Amy	

## LEISURE POOL

Open Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	6:30a-8:30p	5:00a-5:30p	5:00a-5:30p

Lap Swim / Water Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a-6:15a Hydro: Carole	5:00a-8:45a Lap Swim	5:15a-6:15a Hydro: Carole	5:00a-8:45a Lap Swim	5:15a-6:15a Hydro: Carole	7:00-5:30p Lap Swim	8:00a-5:30p Lap Swim
6:30a-5:45p Lap Swim	9:00a-10:00a Aqua F.I.T: Julie	6:30a-5:45p Lap Swim	9:00a-10:00a Aqua F.I.T: Julie	6:30a-8:30pm Lap Swim		
6:00p-7:00p Hydro HITT: Wendy	10:15a-8:30p Lap Swim	6:00p-7:00p Hydro HITT: Wendy	10:15a-8:30p Lap Swim			



## AQUATICS & WELLNESS

### Pool Rules

- Children 8 and under are only allowed in the pool area during Family Swim Hours when accompanied by a parent or guardian regardless of swim test results
- Regardless of age, parent/guardian must be within 10 feet of any swimmer at all times that has not passed the 25 yard swim test
- Children age 9 and older are allowed in the pool area during Family Swim Hours without adult supervision as long as they have passed the 25 yard swim test
- Swimmers 14 and over do not need to take a swim test
- **Swim test criteria**
  - 25 yard swim test pass results will be recorded and the child will receive a bracelet/band each day showing that they have passed and may be swimming on their own
  - Regardless of swim test results, parent or guardian of children 7 and under must be in the water in appropriate swim gear
  - Regardless of swim test results, parent or guardian must be within 10 feet of the children 4 and under at ALL times
- Children must be at least 3 months old to be in the pool under any circumstances
- For the safety of all our members we ask that there are no more than 3 children under any one adult's supervision
- Children 3 years and younger must wear swim diapers and or tight fitting rubber or plastic cover at all times in the pool
- Full body soap and water shower is required prior to pool entry for all adults and children. All oils and lotion must be showered off before entering the pool.
- Proper swim attire is required in the pools – Swimsuits or nylon/basketball shorts only.
- A t-shirt and shorts (or cover up) and shoes must be worn when exiting the locker room and/or the aquatics area to go to other areas of the facility
- Running, wrestling or other rough play is NOT allowed
- Inappropriate language or behavior is NOT allowed
- Lifeguards and all Aquatics team members must be obeyed at all times. Failure to comply with pool rules whether written or verbal, may result in removal from the aquatics facility and/or supervision or revocation of the facility membership
- Flotation devices of any type including water wings are NOT allowed
- **ONLY certified and approved** United States Coast Guard flotation devices are allowed
- No outside food or drinks are allowed at any time, except for a clear bottled water
- Small pool toys from home are allowed as long as they are used appropriately and are clean. Please make sure your toys are labeled and identifiable
- Goggles that cover the nose and the mouth are NOT allowed
- Diving blocks are available with parent supervision in Lane 1

### Lap Swimming - Etiquette/Conduct

A few shared conventions observed by everyone can help make lap swimming safer, more pleasant and more efficient for all.

- Share lanes when others arrive
- Inform others in lane when you are entering
- When more than two swimmers are in the lane, circle swim in a counter-clockwise circle (STAY TO THE RIGHT)
- Stay constantly aware of other swimmers' presence
- Maximum of five adults per lane
- Passing
  - Gently tap the swimmer in front of you on the foot
  - Pass only when they have stopped at the wall
  - When tapped, please allow the faster swimmer to pass
- Equipment/Training Aids
  - Training Aids are available in the cabinets along the wall
  - Appropriately return Trail Points' equipment after use
  - Avoid paddles when more than two swimmers are in a lane