

# February - May 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	<b>Lap Swim 5:30-8:30</b>						
6:00am							
6:30am							
7:00am							
7:30am							
8:00am	<b>H<sub>2</sub>OX 8:30-9:30</b>					<b>Lap 7:00-9:55</b>	
8:30am							
9:00am	<b>Rusty Hinges 9:30-10:30</b>	<b>WeeFolks and Daycare Lessons</b>	<b>Rusty Hinges 9:30-10:30</b>	<b>WeeFolks and Daycare Lessons</b>	<b>Rusty Hinges 9:30-10:30</b>		
9:30am							
10:00am	<b>Water Babies</b>		<b>Weefolks</b>		<b>Weefolks</b>	<b>Swim Lessons 10:00-11:30</b>	
10:30am							
11:00am	<b>Lap Swim with Senior Swim 11:00-1:00</b>						
11:30am							
NOON							
12:30pm	<b>H<sub>2</sub>OX 1:00-2:00</b>						
1:00pm							
1:30pm	<b>Open 1:00-3:30</b>	<b>H<sub>2</sub>OX 1:00-2:00</b>	<b>School Swimming &amp; Open Swim</b>	<b>H<sub>2</sub>OX 1:00-2:00</b>			
2:00pm							
2:30pm	<b>Open 2:00-4:00</b>	<b>Open 2:00-4:00</b>	<b>Open 2:00-3:30</b>	<b>Open 2:00-5:00</b>	<b>Open 11:30-5:00</b>	<b>Open 1:00- 4:00</b>	
3:00pm	<b>Deep H<sub>2</sub>OX 4:00-5:00</b>	<b>Swim Lessons 3:45 - 5:15</b>	<b>Deep H<sub>2</sub>OX 4:00-5:00</b>	<b>Swim Lessons 3:45 - 5:15</b>			
3:30pm							
4:00pm	<b>Lap Swim 5:00-6:30</b>	<b>H<sub>2</sub>OX/FIT 5:20-6:45</b>	<b>Lap Swim 5:00-6:30</b>	<b>H<sub>2</sub>OX/FIT 5:20-6:45</b>			
4:30pm							
5:00pm	<b>Open 6:30-8:30</b>	<b>Open 6:45-8:30</b>	<b>Open 7:00-8:30</b>	<b>Open 6:45-8:30</b>			
5:30pm							
6:00pm	<b>2 Lap Lanes and 3 Open Lanes 8:30-9:45</b>						
6:30pm							
7:00pm	<b>Open 6:30-9:45</b>						
7:30pm							
8:00pm							
8:30pm	<b>9:45pm Pool Closed</b>						
9:00pm							
9:30pm							

# POOL RULES

1. Shower before entering the pool or whirlpool.
2. No running or rough play allowed.
3. No spitting, spouting water or blowing nose in pool.
4. No glass allowed on the pool deck.
5. No food or drink allowed. Water only in plastic bottles accepted.
6. No one with open sores, infections or visible rashes allowed in pools.
7. No diving.
8. No flips, cannonballs, back dives, throwing kids, etc...
9. Children 8 years old and over may swim without an adult if:
  - a. he/she can stand in the shallow end with head and shoulders above water
  - b. AND he/she can easily regain footing from a floating position
  - c. OR he/she is wearing a USCG approved life vest, type II or III
10. Children under 8 years old must have direct adult supervision. **This means the adult must be IN the pool within arms reach of the child/children** even if the child is wearing a flotation device
11. Inflatable devices prohibited. We provide floatbelts for your use and convenience. Children using floatbelts or lifejackets cannot cross the 4ft line into the deep end.
12. All children must pass a swim test to use the deep end. Test as follows:
  - a. Child must swim the width of the pool and back without stopping or touching the bottom. (Pushing off the side is acceptable.)
  - b. If lifeguard feels that the above swim was done acceptably, child will jump into the deep end and tread water for 1 minute, then swim to side and climb out.
  - c. Successful swimmers' names and phone numbers with age & parent's name/s will be put on file.
13. No cutoffs or denims allowed.
14. No hanging on lane ropes.
15. Pool door to lobby is for emergency use only.
16. No hanging on ladders or playing on stairs.
17. No street shoes on the pool deck.
18. Children under 14 must have a parent or other adult in lap lane with them during lap swim times unless they receive permission from the aquatics director.
19. All children must be in a swim diaper if not toilet trained.
20. Whirlpool Rules:
  - a. No children under 6 years old
  - b. Children 6-11 may use the whirlpool for a short time under direct supervision of a parent
21. Sauna Rules:
  - a. No children under 6 years old
  - b. Children 6-13 may use the sauna for a short time under direct supervision of a parent