

INDOOR POOL

JANUARY 2019—MARCH 2019

rev. 2/12/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPENS AT 5:30AM	OPENS AT 5:30AM	OPENS AT 5:30AM	OPENS AT 5:30AM	OPENS AT 5:30AM	OPENS AT 8:00AM	OPENS AT 8:00AM
CLASS SCHEDULE						
5:30AM-7:30AM Masters Swim (3) 9:00AM-10:00AM Water Aerobics: Water Fit (4) 10:00AM-4:30PM Integrated Therapy (1) 12:00PM-1:00PM Water Aerobics: Basic Aquatics (4) 4:30PM-7:00PM Zaban Sharks Swim Team (5) 6:30PM-7:00PM (4) 6:30PM-7:30PM Water Aerobics: Deep H2O Cardio (2)	9:00AM-10:00AM Water Aerobics: Water Fit (4) 10:00 AM-4:30PM Integrated Therapy (1) 12:00PM-1:00PM Water Aerobics: Basic Aquatics (4) 4:30PM-7:00PM Zaban Sharks Swim Team (5) 6:30PM-7:00PM (3) 6:30PM-7:30PM Pregnancy Aerobics (2)	5:30AM-7:30AM Masters Swim (3) 9:00AM-10:00AM Water Aerobics: Water Fit (4) 10:00AM-4:30PM Integrated Therapy (1) 12:00PM-1:00PM Water Aerobics: Basic Aquatics (4) 4:30PM-7:00PM Zaban Sharks Swim Team (5) 6:30PM-7:00PM (3)	9:00AM-10:00AM Water Aerobics: Water Fit (4) 10:00 AM-4:30PM Integrated Therapy (1) 12:00PM-1:00PM Water Aerobics: Silver Splash (4) 4:30PM-7:00PM Zaban Sharks Swim Team (5) 6:30PM-7:00PM (3)	5:30AM-7:30AM Masters Swim (3) 9:00AM-10:00AM Water Aerobics: Water Fit (4) 10:00AM-4:30PM Integrated Therapy (1) 12:15PM-1:00PM Water Aerobics: Basic Aquatics (4) 4:30PM-6:00PM Zaban Sharks Swim Team (5)	No scheduled classes	8:00AM-9:00AM Zaban Sharks Swim Team (3) 9:00AM-10:00AM Water Aerobics (4) 9:00AM-10:00AM Zaban Sharks Swim Team (1) 10:00AM-11:00AM Pre-K Swim Class (1)
						<i>(#) - number of lanes allotted</i>
CLOSES AT 8:45PM	CLOSES AT 10:00PM	CLOSES AT 10:00PM	CLOSES AT 10:00PM	CLOSES AT 6:00PM	CLOSES AT 6:00PM	CLOSES AT 8:00PM
OPEN SWIM AVAILABILITY						
5:30AM-9:00AM (1) 10:00AM-12:00PM (2) 2:00PM-3:30PM (2) 4:30PM-5:00PM (1) 6:00PM-6:30PM (1) 6:30PM-7:30PM Water Aerobics/ Open Swim (2) 7:30PM-8:45PM(1)	5:30AM-9:00AM (1) 10:00AM-12:00PM Pre-K Open Swim (2) 2:00PM-3:30PM (2) 4:30PM-5:00PM (1) 6:00PM-9:00PM (1) 9:00PM-10:00PM (2)	5:30AM-9:00AM (1) 10:00AM-3:30PM (2) 4:30PM-5:00PM (1) 6:00PM-6:30PM (1) 6:30PM-7:30PM Water Aerobics/ Open Swim (2) 7:30PM-9:00PM (1) 9:00PM-10:00PM Women's Swim (3)	5:30AM-9:00AM (1) 10:00AM-12:00PM (2) 1:00PM-4:30PM (3) 4:30PM-5:00PM (1) 6:00PM-6:30PM (1) 6:30PM-7:30PM (4) 7:30PM-9:00PM (1) 9:00PM-10:00PM Men's Swim (3)	5:30AM-9:00AM (1) 10:00AM-12:00PM (2) 2:00PM-3:30PM (2) 3:30PM-5:00PM (1)	8:00AM-6:00PM (2)	8:00AM-9:00AM (1) 10:00AM-6:00PM (2) 6:00PM-7:00PM Women's Swim (2) 7:00PM-8:00PM Men's Swim (2)
LAP SWIM AVAILABILITY						
5:30AM-8:00AM (2) 8:00AM-9:00AM (5) 9:00AM-10:00AM (1) 10:00AM-12:00PM (3) 12:00PM-4:30PM (1) 7:30PM-8:45PM (1)	5:30AM-6:00AM (5) 6:00AM-7:00AM (3) 7:00AM-9:00AM (5) 9:00AM-10:00AM (1) 10:00AM-12:00PM (3) 12:00PM-4:30PM (1) 12:00PM-4:30PM (1) 7:30PM-9:00PM (1) 9:00PM-10:00PM (4)	5:30AM-8:00AM (2) 8:00AM-9:00AM (5) 9:00AM-10:00AM (1) 10:00AM-12:00PM (3) 12:00PM-4:30PM (1) 6:30PM-9:00PM (1) 9:00PM-10:00PM Women's Swim (3)	5:30AM-9:00AM (5) 9:00AM-10:00AM (1) 10:00AM-12:00PM (3) 12:00PM-4:30PM (1) 6:30PM-9:00PM (1) 9:00PM-10:00PM Men's Swim (3)	5:30AM-8:00AM (2) 8:00AM-9:00AM (5) 9:00AM-10:00AM (1) 10:00AM-12:00PM (3) 12:00PM-4:30PM (1)	8:00AM-10:00AM (4) 10:00AM-6:00PM (2)	8:00AM-9:00AM (2) 9:00AM-10:00AM (1) 10:00AM-11:00AM (3) 11:00AM-2:00PM (4) 2:00PM-4:30PM (4) 4:30PM-6:00PM (3) 6:00PM-7:00PM Women's Swim (3) 7:00PM-8:00PM Men's Swim (2)
LANE RESERVATIONS			SWIM DIAPER POLICY			
<ul style="list-style-type: none"> ◇ Monday-Friday 9:00AM-5:00PM (1) ◇ Monday-Friday 3:30PM-4:30PM (2) ◇ Monday 6:30PM-7:30PM (2) ◇ Monday-Thursday 7:30PM-8:50PM (4) ◇ Tuesday 6:00AM-7:00AM (2) ◇ Thursday 3:30PM-4:30PM (2) ◇ Sunday 6:00PM-8:00PM (1) 			All children under the age of 4 who are not fully potty trained must wear a disposable swim diaper under a reusable polyester/cotton (machine washable) swim diaper. Non-disposable swim diapers provide a tighter fit, which helps avoid lengthy pool closures due to accidents. Both diapers MUST be worn underneath a swimsuit. If this policy is not adhered to, children will not be permitted to enter our pools.			
Please see the next page for the Pool Rules and the Circle Swimming Policies & Procedures.						

POOL RULES

- ◇ Children under the age of 13 must be accompanied by an adult 18 years of age or older.
- ◇ No solo bathing.
- ◇ No swimming without a lifeguard on duty.
- ◇ No diving in shallow water.
- ◇ No breath-holding or prolonged underwater swimming.
- ◇ Proper bathing attire is required.
- ◇ Shower and rinse thoroughly before entering the pool.
- ◇ Only water bottles are allowed in the pool area. No food, drink or gum is permitted within five (5) feet of the pool.
- ◇ No glass, sharp objects, or hazardous materials are allowed.
- ◇ No running, rough or boisterous play is allowed.
- ◇ Do not hang on lane lines or cross lanes.
- ◇ No spitting, spouting, blowing nose, or any other bodily excretions permitted.
- ◇ No person with open sores, skin conditions, or any communicable conditions are permitted in the pool.
- ◇ Lifeguard has final authority in all safety issues.
- ◇ No animals in pool or on pool deck, other than Seeing Eye dogs.
- ◇ Swim diapers are required for those not potty trained.

CIRCLE SWIMMING POLICY & PROCEDURES

Our pool is enjoyed by a wide range of ages and abilities. While we strive to accommodate everyone, we ask that you be understanding and gracious in your willingness to share our space.

Here are some useful guidelines to follow:

- ◇ Circle swimming (counter clock-wise) is required when more than two members. Swimmers should swim to the deep end on the right side of the lane and back to the shallow end on the left side of the lane.
- ◇ Please remain flexible and be willing to move lanes to better match speeds with your fellow swimmers. If you are having difficulty in your lane, a lifeguard will be happy to help you find a better lane option.
- ◇ If you do not wish to circle swim, you may exit the pool and wait for the pool to become less crowded. We discourage waiting on the pool deck, as it does not guarantee you your own lane; you may still be asked to circle swim if the pool becomes busy again.
- ◇ Please remember that at least one lane is always reserved for Open Swim. You are welcome to swim in this area when it is unoccupied, but please be prepared to move when asked. Additional Open Swim lanes may be added if needed at any time.
- ◇ Please don't hesitate to ask the lifeguards for help, as they are here to ensure a safe and enjoyable environment for everyone.
- ◇ CIRCLE SWIMMING IS REQUIRED FOR ALL MEMBERS! FAILURE TO CIRCLE SWIM WILL RESULT IN YOU BEING ASKED TO LEAVE THE POOL AREA.