Pool Schedule

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| Monday- Friday | Deep Pool | | | Shallow Pool |
| 6-7:00am | Deep Pool Swim | | | Shallow Pool Swim |
| 8-9:00am | Deep Pool Swim  (Tue, Thurs) | | **Aqua Fit**  **(Mon, Wed & Fri)** |
| 9-11:00am | Deep Pool Swim | | |
| 11-Noon | Deep Pool Swim  (Tue, Thurs) | **Aqua Flex**  **(Mon, Wed & Fri)** | |
| 2-4:00pm | **C L O S E D** | | | |
| 4-6:00pm | Deep Pool Swim  \*Swim Lessons-Mondays 4:00pm-6:45PM\*  (3 lanes available for lap swim) | | | Shallow Pool Swim-***Limited Space***  \*Swim Lessons-Mondays 4:00pm-6:45PM\*  Tuesdays 5:30-6pm |
| 6– 7:00pm | Deep Pool Swim  (Mon-Thu) | | | Shallow Pool Swim  (Mon-Thu) |
| \*\*FRIDAY POOLS CLOSE AT 6:30pm\*\* | | | | |
| 7-7:30pm | Deep Pool Swim | | | Shallow Pool Swim |

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| Saturday | Deep Pool | Shallow Pool |
| 9-10am | Deep Pool Swim | Shallow Pool Swim |
| 10-1:30pm | Shallow Pool Swim  \*Swim Lessons-10am-Noon\*  3 lanes available for lap swim | Shallow Pool Swim / ***Limited Space***  \*Swim Lessons-10am-Noon\* |

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| Building Hours:  Monday-Thursday:  Friday:  Saturday:  Sunday: | 6am-8pm  6am-7pm  9am-2pm  Closed | The hot tub is available whenever the pools are open.  \*\*Closed Tuesday mornings for weekly cleaning\*\* |
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Pool Usage – starting 3/21/22

User Notes: - Lifeguards are limited, per insurance, on number of people they can

watch and may ask you to wait if at their capacity.

* All **must** shower before entering the pools using showers in the locker rooms or on the pool deck.
* Equipment is available for use.

Swim Descriptions:

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| Deep Pool Swim: ages 14 or older   * For exercise: lap swimming, walking, aerobic exercise, etc. * If any are under 14 and would like to use the deep pool, they must pass the deep pool swim test in a strong manner: jump in deep end, tread water for 1 minute, and swim on front to shallow end, all done without touching walls or bottom. * There may be limited lanes available during programs   Aqua Flex: ages14 or older  Aqua Fit: ages14 or older  Swim Lessons: all ages | Shallow Pool Swim: ages14 or older  -If under 14, families must come in together  -If under 7, an adult must be in the water and within arm’s reach  \*\*One child per adult during Family Swim.   * For exercise or recreation: walking, aerobic exercise, family time, etc. * Swimmers and lifeguards determine how to split the shallow pool based on users, being respectful of each other * Adults (18 or older) must be in the water within arm’s reach of children younger than 7 years of age and must not be distracted or on their phone   Hot Tub: ages 14 or older   * **Users Limited to 15 minutes** |

Deep Pool Lanes:

* Lane# 1 (with stairs) is reserved for individual water aerobics. Maximum capacity of 8 people.
* Lap swimmers have priority in lanes 2-5.
* Lanes are on a first come first served basis.
* Lanes may need to be shared at high usage times.