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-8pm6am-7pm9am-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 olderAqua Fit: ages14 or olderSwim 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**
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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.