Pool Schedule

|  |  |  |
| --- | --- | --- |
| Monday- Friday | Deep Pool | Shallow Pool |
| 6-7:55am | Deep Pool Swim  | Shallow Pool Swim |
| 8-8:55am | D.P. Swim(Tue, Thurs and Fri) | Aqua Fit(Mon & Wed) |
| 9-10:55am | Deep Pool Swim(Thur11-11:30 3 Lanes used by)Navy Seals  |
| 11-11:55am | S.P. Swim(Mon, Wed, & Fri) | Aqua Flex (Tue & Thurs) |
| 12-1:55pm | S.P. Swim |
| 2-3:55pm |  **C L O S E D** |
| 4-5:55pm | D.P. Swim **\*\*Fri pool closes @ 6pm\*\*** | S.P. Swim**\*\*Fri pool closes @ 6pm\*\*** |
| 6-6:55pm | D.P. Swim (Mon, Tue, Thurs) | Aqua Fit(Wed) | S.P. Swim(Mon – Thursday) |  |

|  |  |  |
| --- | --- | --- |
| Saturday | Deep Pool | Shallow Pool |
| 9am-1pm | Deep Pool Swim  | Shallow Pool Swim |

|  |  |  |
| --- | --- | --- |
| 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\*\* |
|

Pool Usage – starting 7/22/21

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, but there are some restrictions.

Swim Descriptions:

|  |  |
| --- | --- |
| 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* For exercise or recreation: walking, aerobic exercise, family time, etc.
* Swimmers and lifeguards determine how to split the shallow pool based off 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
 |

Reservations: - Only for one lane of the deep pool during deep pool swim times

* Deep Pool Swim reservations will only be needed for one designated lane with a capacity of 2 people and they must share the lane.
* If there are no reservations for that lane or no one shows in the first 15 minutes, it can be filled by "drop in"
* Reservations can be made online, at the front desk, or by calling
* Reservations open 7 days before and close 1 hour prior
* Swim times are for the designated 55 minutes, you may leave earlier but cannot stay later.