

LAP POOL SCHEDULE & GUIDELINES

EFFECTIVE until August 7, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5am - 7:30am	Adult Lap Swim 5:00am-7:30am	Adult Lap Swim 5:00am-8:00am	Adult Lap Swim 5:00am-7:30am	Adult Lap Swim 5:00am-8:00am	Adult Lap Swim 5:00am-7:30am			5am - 7:30am	
7:30am-8am	Aerobics		Aerobics		Aerobics	Adult Lap Swim 7:00am-9:00am		7:30am	
8am - 9am	7:30am-9:00am	Aerobics 8:00am-8:45am	7:30am - 8:45am	Aerobics 8:00am-8:45am	7:30am-9:00am	Aerobics 9:00am-9:45am		8am-9am	
9am-10am	Open Swim 9:00am-12:00pm	Open Swim 9:00am-12:00pm Kid Fit Class 10:00-11:00am	Open Swim 9:00am-12:00pm	Open Swim 9:00am-12:00pm Kid Fit Class 10:00-11:00am	Open Swim 9:00am-12:00pm	Open Swim 9:45am-5:45pm	Open Swim 1:00pm-4:45pm	9am-10am	
10am-11am									
11am-12pm									
12pm-1pm	Adult Lap Swim 12:00pm-3:00pm	Adult Lap Swim 12:00pm-3:00pm	Adult Lap Swim 12:00pm-3:00pm	Adult Lap Swim 12:00pm-3:00pm	Adult Lap Swim 12:00pm-3:00pm	Open Swim 9:45am-5:45pm	Open Swim 1:00pm-4:45pm	12pm-1pm	
1pm-2pm									
2pm-3pm									
3pm-4pm	Camp Swim 3:00pm-4:00pm Open Swim 4:00pm-5:30pm	Camp Swim 3:00pm-4:00pm Open Swim 3:00pm-5:15pm	Camp Swim 3:00pm-4:00pm Open Swim 3:00pm-5:30pm	Camp Swim 3:00pm-4:00pm Open Swim 3:00pm-5:15pm	Camp Swim 3:00pm-4:00pm Open Swim 3:00pm-9:15pm	Pool closes at 5:45pm	Pool closes at 4:45pm	3pm-4pm	
4pm-5:30pm	Adult Lap Swim 5:30pm-7:30pm	Aerobics 5:15pm-6:30pm	Adult Lap Swim 5:30pm-7:30pm	Adult Lap Swim 5:30pm-7:30pm	Camp Swim 3:00pm-4:00pm Open Swim 3:00pm - 9:15pm			Pool closes at 5:45pm	Pool closes at 4:45pm
5:30pm-6pm									
6pm-7:30pm	Aerobics 5:45pm-6:30pm	Adult Lap Swim 5:30pm-7:30pm	Adult Lap Swim 5:30pm-7:30pm	Adult Lap Swim 5:30pm-7:30pm	Adult Lap Swim 5:30pm-7:30pm	Pool closes at 5:45pm	Pool closes at 4:45pm	5:30pm-6pm	
7:30pm-8pm	Open Swim 7:30pm-9:15pm	Open Swim 7:30pm-9:15pm	Open Swim 7:30pm-9:15pm	Open Swim 7:30pm-9:15pm	Open Swim 7:30pm-9:15pm			Pool closes at 5:45pm	Pool closes at 4:45pm
8pm-9:15pm									
9:15pm	Pool Closes at 9:15pm	Pool Closes at 9:15pm	Pool Closes at 9:15pm	Pool Closes at 9:15pm	Pool Closes at 9:15pm			9:15pm	

ADULT LAP SWIM

Adult Lap Swim is for lap swimmers, private swim instruction and adults ages 16 and older using the pool for deep water exercise. However, we do ask that our deep water exercisers please remain in open swim area or the first lane if all lanes are out. There is a 30 minute lane use policy when swimmers are waiting for a lane. Also, it is STV One Nineteen policy that if all lanes are full and you are asked to share a lane, you must do so (circle swim).

Free swim for children is not allowed at this time.

AEROBICS

At this time a water aerobics class is scheduled.

1 or 2 lanes will remain open for lap swimming & private swim instruction. **Free swim for children is not allowed at this time.**

THERAPY POOL & SPA -- ADULTS ONLY

Use of the therapy pool is reserved for use by therapy patients, and adults. **Children are not allowed in the Therapy Pool.**

The whirlpool spa is for adults only. Children under 14 are not allowed in the spa, but may warm their feet only in the area by the steps. Lap swimming is not allowed in the therapy pool.

OPEN SWIM

During open swim the lap pool is open for all swimmers and dependents.

3 lanes will remain open for lap swim and we ask that these be used by lap swimmers only. Children free swimming and deep water exercisers are to remain in the open swim area.

*Children ages 10-15 may swim unaccompanied by an adult after passing a swim test. The parent/guardian must check in with the guard on duty and remain in the facility during this time.

EQUIPMENT

Kickboards, dumb bells, ankle weights, steps, training only paddles, fins and other exercise equipment for use by adults (ages 16 and older) or private swim instruction.

Noodles, life jackets, and goggles may be used by children.

PLEASE RETURN ALL EQUIPMENT TO ITS PROPER PLACE.

Ladies, one piece bathing suits or tankinis only. Bikinis are not allowed! Gentlemen, suits should be full coverage - no bikini briefs or thongs.