

WEEKLY POOL SCHEDULE

DURING INDOOR LAP POOL CLOSURE

DAY	TIME	AM/PM	CLASS	INSTRUCTOR	POOL
M	6:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
M	9:00-9:45	AM	Margo's Morning Group	Margo S.	Warm Water Pool
M	12:00-12:45	PM	Hydro-Pilates	Lisa E.	Warm Water Pool
M	4:00-7:00	PM	OPEN LAP SWIM		Warm Water Pool
T	6:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
T	9:00-9:45	AM	Aqua Combo	Margo S.	Warm Water Pool
T	12:15-1:00	PM	Aqua Barre	Lisa E.	Warm Water Pool
T	5:00-7:50	PM	Red Cross Swim Lessons	Varies	Warm Water Pool
T	4:00-7:00	PM	OPEN LAP SWIM		Warm Water Pool
W	6:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
W	9:00-10:00	AM	Waves	Sue S.	Warm Water Pool
W	11:00-12:00	AM/PM	Water Tune Up	Sue S.	Warm Water Pool
W	4:00-7:00	PM	OPEN LAP SWIM		Warm Water Pool
TH	6:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
TH	9:00-9:45	AM	Aqua Combo	Janice P.	Warm Water Pool
TH	1:15-2:00	PM	Hydro-Pilates	Lisa E.	Warm Water Pool
TH	4:00-7:00	PM	OPEN LAP SWIM		Warm Water Pool
TH	5:00-7:50	PM	Red Cross Swim Lessons	Varies	Warm Water Pool
F	6:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
F	10:00-11:00	AM	Waves	Sue S.	Warm Water Pool
F	11:00-12:00	AM/PM	Water Tune Up	Sue S.	Warm Water Pool
F	4:00-7:00	PM	OPEN LAP SWIM		Warm Water Pool
SAT	7:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
SAT	9:00-11:30	AM	Red Cross Swim Lessons	Varies	Warm Water Pool
SAT	11:30-12:30	AM/PM	Aqua Combo <i>(starting 9/14)</i>	Amanda K.	Warm Water Pool
SUN	7:00-11:00	AM	OPEN LAP SWIM		Warm Water Pool
SUN	12:00-4:00	PM	Youth Synchro	Kathleen R.	Warm Water Pool

We appreciate your cooperation in helping to maintain our pools' safety!

- o Weekly pool schedule is subject to change. **Open Lap Swimming is subject to change dependant upon staffing.**
- o Classes held in the lap pool share space with lap swimmers - check with class instructor(s) before class(es) start.
- o Private Swim Lessons & SPLASH Lessons take place throughout the week and weekend in both Lap & Warm Water Pools.
- o Members are allowed to stay in the Resistance River when an exercise class or group swim lessons are going on in the Warm Water Pool, as long as they are practicing safe, physical distancing from others.
- o Children under the age of 12 are not to be left alone in the pool area/Guardian must accompany a child at all times.
- o Parents/ Guardians must be present on the pool deck while the child is swimming.
- o No one under the age of 16 is allowed in the spas. No swimming is permitted in the spa.
- o Anyone under the age of 18 is **not allowed** in the warm water pool unless 18 months & younger.
 - o Exceptions are (including when indoor lap pool is closed for maintenance):
 - Supervised Swim lessons
 - Physical Therapy
 - Medical Passes written by a physician
- o Kickboards, pull buoys, fins and paddles are for lap swimmers only. Noodles are for fitness classes only.
- o Only US Coastguard approved flotation devices may be used. No arm floats and no inflatable pool toys.