



SWIM, SPORTS & PLAY

AQUATIC NOTES & SCHEDULES

Want to bring a group to the pool?

Please call Frances one week in advance to reserve/ensure a pool for a group of 8 or more.

*When no regularly scheduled classes for RC Schools 12:50-2:50 becomes open swim.

**3-3:30 becomes childcare swim time.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap Swim		5am-8:45pm	5am-8:45pm	5am-8:45pm	5am-8:45pm	5am-8:45pm	7am-5:30pm
Youth/Adult Lap Swim	12-5:30pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	12:30-5:30pm
SIS** Schools in Session	NONE	*12:50-3:30pm	*12:50-3:30pm	*12:50-3:30pm	*12:50-3:30pm	*12:50-3:30pm	NONE
Family Swim	12-5:30pm					5:30-8:30pm	
Open Swim	NONE	5:30-8:30pm	5:30-8:30pm	5:30-8:30pm	5:30-8:30pm	NONE	12:30-5:30pm

In the event any pool needs to be closed we will make a concerted effort to accommodate all scheduled groups into the remaining pools. Children under 6 1/2, or those in a float belt must have a parent in the water with them at all times.

Adult Lap Swim

This time is designated for lap/exercise only. May use pull buoys kickboard or jog laps with belts on. Please note that other programs and open swim may be occurring in the pool and that at least two lap lanes will be available. Circle swimming is encouraged.

Adult/Youth Lap Swim

For those under 14 who can swim 4 consecutive lengths of the pool and are accompanied by a parent. Parent must be on the deck or in the pool with the lapper.

Mommy/Daddy & Me Swim

Children Kindergarten and under may bring their parents to enjoy this time in the 0 depth area only please - No children older than 6. M-F 11:45-12:45, Sat 12:00-12:30

Waterslide Rules

- You must be at least 48" tall or pass the safety swim test to ride the waterslide (Visit with a lifeguard for more information).

SIS (Schools in Session) Rules

- All Family Swim rules apply.
- School or private groups may make prior arrangements to swim during this time.
- Pool breaks are 1:50 and 2:50pm. Un-accompanied adults exercising during this time will not be required to get out at pool breaks.

General Pool Rules

- Any person wanting to swim in the deep end must be able to swim 1 length of lap pool.
 - Those under 6 1/2 years of age, regardless of their swimming ability, must have an adult in the water with them.
 - Those, between the ages of 6 1/2 and 11, who cannot swim 1 length of the lap pool must be with a responsible person, 12 years or older.
 - Accidents do happen - please use swim diapers on those under 3 years old.
 - Goggles are welcome. Masks will not be allowed in either pool.
 - Snorkels and fins may be used for surface lap swimming only.
 - Non-inflatable flotation devices may be brought in by individual families. This is limited to attached devices, such as, float belts, and USCG life preservers. These will only be allowed in the family pool and the shallow end of the 8 lane pool. All devices must be approved by the lifeguard on duty.
- #### Family Swim Rules
- NO GROUPS - to honor family togetherness, groups will not be allowed during Family swim. This does mean No member birthday parties!
 - Safe games may be organized and played. The lifeguard will determine the safety of any games.
 - Children under the age of 16 must be accompanied by a parent (in the pool area) or sibling, age 18+.
 - We encourage adults to participate in the aquatic activities with their children.
 - Nerf balls are welcome-hard and small balls are not accepted.
 - Please respect the program by only bringing those on your own family membership.