

# POOL SCHEDULE

September-December 2018

| SATURDAY  | SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|--|--|
| Swimming lessons<br>8:30 a.m. - 1:00 p.m.       | Adult Swim<br>8:30-10:00 a.m.<br>12:00-1:00 p.m. | Adult Swim<br>6:30- 9:30 a.m.                      | Adult Swim<br>6:30 a.m. - 9:30 a.m.              | Adult Swim<br>6:30 a.m. - 9:30 a.m.                | Adult Swim<br>6:30 a.m. - 9:30 a.m.              | Adult Swim<br>6:30 a.m. - 9:30 a.m.                |
|   |  | Parent & Tot Lesson<br>9:30-10:00 a.m.             | Beginner Aquafit<br>9:30-10:15 a.m.              | Sea Otter Lesson<br>9:30-10:00 a.m.                | Beginner Aquafit<br>10:00-10:45 a.m.             | Adult/Family<br>Unguarded Swim<br>10:00-11:00 a.m. |
| Open Swim<br>1:30 - 3:00 p.m.                   | Beginner Aquafit<br>11:15 a.m. - 12:00 p.m.      | Adult/Family<br>Unguarded Swim<br>10:00-11:00 a.m. | Adult Swim<br>10:30 a.m- 3:00 p.m.               | Adult/Family<br>Unguarded Swim<br>10:00-11:00 a.m. | Adult Swim<br>11:00 a.m - 3:00 p.m.              | **Adult Swim<br>11:00 a.m. - 4:30 p.m              |
| Pool Rental/Party<br>Packages<br>3:00-4:00 p.m. | Pool Rental<br>1:00-2:00 p.m.                    | Adult Swim<br>11:00 a.m.-4:00 p.m.                 | Adult/Family<br>Unguarded Swim<br>3:00-4:00 p.m. | Adult Swim<br>11:00 a.m - 4:00 p.m.                | Adult/Family<br>Unguarded Swim<br>3:00-4:00 p.m. | Power Swim<br>4:30-5:30 p.m.                       |
| Open Swim<br>4:00 - 7:30 p.m.                   | Open Swim<br>2:00-4:00 p.m.                      | Open Swim<br>4:00 - 7:00 p.m.                      | Swimming lessons<br>4:30-8:00 p.m.               | Open Swim<br>4:00 - 7:00 p.m.                      | Swimming lessons<br>4:30-8:00 p.m.               | Open Swim<br>5:30 - 8:30 p.m.                      |
| Adult Swim<br>7:30-9:00 p.m.                    | Swimming lessons<br>4:00-8:00 p.m.               | Advanced Aquafit<br>7:15 - 8:00 p.m.               | Adult/Swim for Fitness<br>8:00 - 9:00 p.m        | Advanced Aquafit<br>7:15 - 8:00 p.m.               | Adult/ Swim for Fitness<br>8:00 - 9:00 p.m       | Adult Swim<br>8:30 - 10:00 p.m                     |
|   | Adult Swim<br>8:00 - 9:00 p.m.                   | Adult Swim<br>8:00 - 10:00 p.m                     | Adult Swim<br>9:00 - 10:00 p.m                   | Adult Swim<br>8:00 - 10:00 p.m.                    | Adult Swim<br>9:00 - 10:00 p.m                   |  |

**OPEN SWIM:** Silver members are welcome to swim! Please note: children under the age of 12 must be accompanied by a parent or guardian over the age of 16. All children under the age of 8 must be accompanied in the water by a parent or guardian over the age of 16. Children between the ages of 8-12 must pass a swim test to enter the water unaccompanied.

**ADULT/FAMILY UNGUARDED SWIM:** All children must be accompanied in the water by a parent. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool. (Ratio- Adult to children under 6 years old 1:2)

**ADULT SWIM:** Residents over the age of 18 are welcome to enjoy the use of the pool for swimming laps, or relaxing in the water. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool.

**GUESTS:** Silver members are welcome to bring their guests to the swimming facilities. (2 guests per visit) All guests must be signed in at the reception desk upon arrival.

**ADULT/SWIM FOR FITNESS:** come learn some basic swimming techniques and build your fitness with our coach. Free for adult residents. Two lanes reserved for fitness and 1 lane reserved for leisure

**AQUAFIT:** A class for everyone, especially for those with joint ailments or injuries, get fit with this challenging water workout. A gentle low impact class in shallow water. (platinum members)

**POOL RENTAL/PARTY PACKAGES:** rent out the pool during an open swim time, or book you own private pool rental. if you are interested in holding a party see our party package ideas.

**SWIMMING LESSONS:** The best way to learn to swim! Join a class with one of our Red Cross Qualified Instructors. We have private, semi-private and group classes available for all ages.

**PARENT & TOT SWIM LESSON:** Introduce your baby to the water with a Parent and Tot swim lesson. A great introduction to water safety as well as social interaction. You will learn important skills such as how to submerge your child and how to build them up to be strong safe swimmers.

**\*\* NOTE:** Once a month PD days take place on Friday. An additional Open Swim will be scheduled from 2:00-4:00p.m. See Program page for PD Days.