

**EFFECTIVE: February 7, 2025- MARCH 1, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5am	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.  <b>Lap Swim Ends at 9:45am</b>	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.  <b>Lap Swim Ends at 8:45am</b>	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.  <b>Lap Swim Ends at 8:45am</b>	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.  <b>Lap Swim Ends at 8:45am</b>	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.  <b>Lap Swim Ends at 8:45am</b>	<b>POOL IS CLOSED</b>					
5:30am											
6am						<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.
6:30am											
7am						<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.
7:30am											
8am						<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.
8:30am											
9am						<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.	<b>Adult Swim ONLY</b>  No lifeguard on duty. Swim at your own risk.
9:30am											
10am	<b>Deep Aqua</b> Kami 10:00-10:45am	<b>Aqua Fitness</b> Denise 9:00-9:45am	<b>Aqua Fitness</b> Kami 9:00-9:45am	<b>Aqua Fitness</b> Anne 9:00-9:45am	<b>Aqua Strength</b> Anne 9:00-9:45am	<b>Swim Lessons</b> 9:00am-12:30pm (1 lap lane)					
10:30am											
11am	<b>Lap Swim</b> 11:00am-1:00pm (4 lap lanes)	<b>Swim Lessons</b> 10:30am-12:30pm (3 lap lanes)	<b>Deep Aqua</b> Kami 10:00-10:45am	<b>Lap Swim</b> 10:00am-1:00pm (4 lap lanes)	<b>Swim Lessons</b> 11:00am-12:30pm (3 lap lanes)	<b>Lap Swim Ends at 12:45pm</b>					
11:30am											
Noon	<b>Open Swim</b> 1:00-7:30pm (2 lap lanes)	<b>Open Swim</b> 12:30-4:00pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:30pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:00pm (2 lap lanes)	<b>Open Swim</b> 12:30-7:30pm (2 lap lanes)	<b>Family Swim</b> 1:00-4:00pm (Slides Open)					
12:30pm											
1pm	<b>Open Swim</b> 1:00-7:30pm (2 lap lanes)	<b>Open Swim</b> 12:30-4:00pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:30pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:00pm (2 lap lanes)	<b>Open Swim</b> 12:30-7:30pm (2 lap lanes)	<b>Family Swim</b> 1:00-7:30 pm (Slides Open)					
1:30pm											
2pm	<b>Open Swim</b> 1:00-7:30pm (2 lap lanes)	<b>Open Swim</b> 12:30-4:00pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:30pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:00pm (2 lap lanes)	<b>Open Swim</b> 12:30-7:30pm (2 lap lanes)	<b>Open Swim</b> 4:00-7:30pm (2 lap lanes)					
2:30pm											
3pm	<b>Open Swim</b> 1:00-7:30pm (2 lap lanes)	<b>Open Swim</b> 12:30-4:00pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:30pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:00pm (2 lap lanes)	<b>Open Swim</b> 12:30-7:30pm (2 lap lanes)	<b>Open Swim</b> 4:00-7:30pm (2 lap lanes)					
3:30pm											
4pm	<b>Open Swim</b> 1:00-7:30pm (2 lap lanes)	<b>Open Swim</b> 12:30-4:00pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:30pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:00pm (2 lap lanes)	<b>Open Swim</b> 12:30-7:30pm (2 lap lanes)	<b>Open Swim</b> 4:00-7:30pm (2 lap lanes)					
4:30pm											
5pm	<b>Open Swim</b> 1:00-7:30pm (2 lap lanes)	<b>Open Swim</b> 12:30-4:00pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:30pm (2 lap lanes)	<b>Open Swim</b> 1:00-4:00pm (2 lap lanes)	<b>Open Swim</b> 12:30-7:30pm (2 lap lanes)	<b>Open Swim</b> 4:00-7:30pm (2 lap lanes)					
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7:30pm											
8pm	<b>Adult Swim ONLY.</b> 7:30pm-9:30pm No lifeguard on duty. Swim at your own risk.				<b>POOL IS CLOSED</b>	<b>POOL IS CLOSED</b>					
8:30pm											
9pm											
9:30pm	<b>POOL IS CLOSED</b>				<b>POOL IS CLOSED</b>	<b>POOL IS CLOSED</b>					

Pool is CLOSED during Aqua GX classes.  
Schedule is subject to change.

NO lap lanes available during Family Swim.

### Lap Swim:

Lap swim is reserved for those who are lap swimming non-stop. A junior member must be 14 years or older to participate in lap swim, and a lifeguard must be on duty. Adult (18+) lap swim is available only when there is no lifeguard on duty. Please share the lane with other swimmers. 1 length=25 meters 66 lengths or 33 laps=1 mile

### Open Swim:

Open swim allows for everyone to use the pool. Two lap lanes will be reserved for lap swim and the remainder of the pool will be open for **all ages** to enjoy the pool. Please note the junior policies.

### Family Swim:

Family swim prioritizes family fun time in the pool! There will be **no lap lanes**. Additionally, **slides are open** during family swim.

**Teal Slide:** Riders must be 48" or taller to ride. Single riders only. No lifejackets allowed on the teal slide.

**Red Slide:** Riders must be 36" or taller to ride or be accompanied by an adult. Lifejackets allowed.

**\*No Open Swim during Swim Lessons\***

**\*Pool is CLOSED during Aqua GX classes\***

### Attire:

For the safety of our swimmers and lifeguards, all swimmers must be dressed in proper swimwear. No cut-offs, undergarments, t-shirts, cover-ups, or any other clothing is allowed for these reasons:

- The fibers from these types of clothing clog pool filter baskets.
- The dyes and detergents used in these types of clothing change the PH of the water, which can cause an unsanitary swimming environment.
- Undergarments contain body fluids and detergent residue that can cause an unsanitary swimming environment.
- All incontinent swimmers (adults or children) must wear swim diapers/non-biodegradable diapers made for swimming and proper swimwear to help contain body fluids. No exceptions.

### Floating Devices:

We allow Coastguard-approved personal floatation devices (PFD) only. **No exceptions.** DSF offers the use of Coast Guard-approved lifejackets found in the pool area.

### Junior Policies:

1. Children 8 years and younger must be accompanied by an adult in the water at all times. No exceptions.
2. Children between the ages of 9-13 years must pass a one-length, front stroke swim test in order to be unaccompanied by an adult. Due to the change in lifeguard staff, the swim test must be passed *each time* the junior member wishes to swim. Please see a lifeguard to take the swim test. If the junior member does not pass the swim test, an adult must be on deck at all times. No exceptions.

CLASS	AQUA GROUP FITNESS DESCRIPTION
AQUA FITNESS	Experience the benefits of water with Aqua Fitness. Aqua Fitness is a low impact, shallow water cardiovascular workout. Equipment is used to increase intensity and heart rate. <b>(All fitness levels)</b>
DEEP AQUA	Deep Aqua is a great cardiovascular workout using a buoyancy belt in the deep water. There is no impact on the joints, making it perfect environment for those with injuries or limitations. Equipment is used to increase intensity and will strengthen your core and improve balance. <b>(Intermediate to advanced levels)</b>

**Pool is CLOSED during Aqua GX classes.**  
**Schedule is subject to change.**

**NO lap lanes available during Family Swim.**