

EFFECTIVE: March 24th, 2025- MARCH 30th, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Adult Swim ONLY No lifeguard on duty. Swim at your own risk. Lap Swim Ends at 9:45am	Adult Swim ONLY No lifeguard on duty. Swim at your own risk. Lap Swim Ends at 8:45am Aqua Fitness Denise 9:00-9:45am	Adult Swim ONLY No lifeguard on duty. Swim at your own risk. Lap Swim Ends at 8:45am Aqua Fitness Kami 9:00-9:45am	Adult Swim ONLY No lifeguard on duty. Swim at your own risk. Lap Swim Ends at 8:45am Aqua Fitness Anne 9:00-9:45am	Adult Swim ONLY No lifeguard on duty. Swim at your own risk. Lap Swim Ends at 8:45am Aqua Strength Anne 9:00-9:45am	POOL IS CLOSED	
5:30am						Adult Swim ONLY No lifeguard on duty. Swim at your own risk.	Adult Swim ONLY No lifeguard on duty. Swim at your own risk.
6am							
6:30am							
7am							
7:30am							
8am							
8:30am							
9am							
9:30am	Deep Aqua Kami 10:00-10:45am Lap Swim 11:00am-1:00pm (4 lap lanes) 						

Pool is CLOSED during Aqua GX classes.
ADULT SWIM IS 18+ ONLY ON POOL DECK

NO lap lanes available during Family Swim.
Schedule is subject to change.

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 flotation 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.

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