

# **AQUATIC CENTER**

-SCHEDULE—

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am						POOL IS CLOSED	
5:30am	Adult Swim ONLY	Adult Swim ONLY	Adult Swim ONLY	Adult Swim ONLY	Adult Swim ONLY	POOLIS	CLUSED
6am							
6:30am	No lifeguard on duty. Swim at your	No lifeguard on duty. Swim at your	No lifeguard on duty. Swim at your	No lifeguard on duty. Swim at your	No lifeguard on duty. Swim at your	Adult Swim ONLY	Adult Swim ONLY
7am	own risk.	own risk.	own risk.	own risk.	own risk.	No lifeguard on duty.	No lifeguard on duty.
7:30am						Swim at your own risk	Swim at your own risk.
8am		Lap Swim Ends at					
8:30am		8:45am	8:45am	8:45am	8:45am		
9am	Lap Swim Ends at	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Strength		
9:30am	9:45am	Denise 9:00-9:45am	Kami 9:00-9:45am	Anne 9:00-9:45am	Anne 9:00-9:45am		
10am	Deep Aqua		Deep Aqua		Deep Aqua	Open Swim	
10:30am	Kami 10:00-10:45am		Kami 10:00-10:45am		Anne 10:00-10:45am	9:00am-1:00pm	
11am					Open Swim	(2 lap lanes)	
11:30am	Lap Swim				11:00am-12:30pm		
Noon	11:00am-1:00pm (4 lap lanes)				(2 lap lanes)		Lap Swim Ends at
12:30pm							12:45pm
1pm					F		
1:30pm					Family Swim 12:30pm-3:30pm	Family Casina	
2pm		Open Swim 10:00am-7:30pm	Open Swim 11:00am-7:30pm	Open Swim 10:00am-7:30pm	(Slides Open,	Family Swim 1:00pm-4:00pm	
2:30pm		(2 lap lanes)	(2 lap lanes)	(2 lap lanes)	No lap lanes)	(Slides Open, No lap lanes)	Family Swim
3pm						ivo iap iaries)	1:00pm-5:30 pm (Slides Open, No
3:30pm	Open Swim 1:00pm-7:30pm						lap lanes)
4pm	(2 lap lanes)						
4:30pm					Open Swim		
5pm					3:30pm-7:30pm (2 lap lanes)	Open Swim	
5:30pm					(2 lap lattes)	4:00pm-7:30pm (2 lap lanes)	
6pm							Open Swim 5:30pm-7:30pm
6:30pm							(2 lap lanes)
7pm							
7:30pm	Adult Swim ONLY				POOL IS CLOSED		
8pm	7:30pm-9:30pm						
8:30pm	No lifeguard on duty. Swim at your own risk.						
9pm	DOOL IS CLOSED						
9:30pm	POOL IS CLOSED						

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.



## **AQUATIC CENTER**

——SCHEDULE—

### 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.

#### Floatation 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.