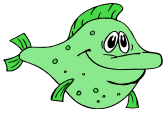

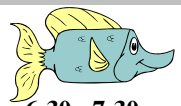




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 10:00 - 11:00am  <b>Open Swim</b>  <b>Bring in your toys and floats!</b>	5:30 - 9:00 am  <b>Open Swim</b>	5:45 - 6:30 am Aqua Fitness <b>Rec. Area Closed</b>  6:30 - 9:00am <b>Open Swim</b>	5:30 - 9:00 am  <b>Open Swim</b>	5:45 - 6:30 am Aqua Fitness <b>Rec. Area Closed</b>  6:30 - 9:00am <b>Open Swim</b>	5:30 - 9:00 am  <b>Open Swim</b>	7:00 - 8:15 am  <b>Open Swim</b>  8:15 - 9:00 am Aqua Fitness <b>Rec. Area Closed</b>
	9:00 - 11:00 am  <b>Open Swim</b> zero depth & plunge	9:00-11:00am  <b>Open Swim</b> zero depth  9:15 - 10:30am Swim Lessons Plunge Area Closed	9:00 - 11:00 am  <b>Open Swim</b> zero depth & plunge	9:00 - 11:00 am  <b>Open Swim</b> zero depth & plunge	9:00 - 11:00 am  <b>Open Swim</b> zero depth & plunge	9:00 - 11:00 am  <b>Open Swim</b> zero depth & plunge
 11:00 - 5:45 pm <b>Open Swim</b>  <b>Bring Your Toys &amp; Floats</b>	9:15 - 10:00am  Aqua Tone <b>Rec. Area Closed</b>	9:15 - 10:00 am  Arthritis Aquatics <b>Rec. Area Closed</b>  10:30-11:00am <b>Open Swim</b>	9:15 - 10:00 am  Aqua Tone <b>Rec. Area Closed</b>	9:15 - 10:00 am  Aqua Pilates <b>Rec. Area Closed</b>	9:15 - 10:00 am  Aqua Noodle <b>Rec. Area Closed</b>	
	11:00 - 1:00pm <b>Open Swim</b>	11:00 - 1:00pm <b>Open Swim</b>	11:00 - 1:00pm <b>Open Swim</b>	11:00 - 1:00pm <b>Open Swim</b>	11:00 - 1:00pm <b>Open Swim</b>	11:00 - 1:00pm <b>Open Swim</b>
	1:00 - 2:00pm <b>Open Swim</b>	1:00 - 2:00pm <b>Open Swim</b>  	1:00 - 2:00pm <b>Open Swim</b>	1:00 - 2:00pm <b>Open Swim</b>	1:00 - 2:00pm <b>Open Swim</b>	

**Evening schedule is located on the back.**

- Zero Depth Area:** Children under 7 must be directly supervised (side by side) by a parent/legal guardian/or sibling 16 years & older. The parent or legal guardian must remain in the building. This area is for children under the age of 8.
- Plunge Area:** This is the area where the giant water slide users plunge into the water. It must be kept clear at all times.
- Rec. Pool Area:** Children under 7 must be directly supervised (side by side) by a parent/legal guardian/or sibling who is 16 years of age.
- Open Swim:** Certain areas of the pool may be closed for additional programming during open swim times.
- Pool Closed:** During these times the Steam Room, Whirlpool and Sauna will remain open for those members who are over the age of 12 years old.
- Lap Lane:** This lane will be used for lap/circle swim during Open Swim or as determined by Aquatics Staff.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
          <b>Building Closes at 6:00pm.</b>	4:45 - 5:30p  <b>Plunge Area Closed For Programs &amp; Lessons</b>  5:45 - 6:30pm <i>Aqua Pump</i> <b>Rec. Area Closed</b>  <b>Steam Room, Spa, Sauna will remain open</b>	5:00 - 7:30pm  <b>Pool Closed For Programs &amp; Lessons</b>  <b>Steam Room, Spa, Sauna will remain open</b>	4:45 - 5:15pm <b>Plunge Area Closed For Programs &amp; Lessons</b> 4:45 - 5:25pm <b>Rec. Area Closed For Programs &amp; Lessons</b>  5:45 - 6:30pm <i>Aqua Tone</i> <b>Rec. Area Closed</b>  <b>Steam Room, Spa, Sauna will remain open</b>	5:00 - 6:30pm  <b>Pool Closed For Programs &amp; Lessons</b>  <b>Steam Room, Spa, Sauna will remain open</b>	4:00 - 7:00pm  <b>Open Swim</b>  <b>Bring in your toys &amp; floats!</b>	          <b>Building Closes at 6:00pm</b>
	 6:30 - 7:30pm  <b>Open Swim</b>	6:45 - 7:30 pm <i>Aqua Fitness</i> <b>Rec. Area Closed</b>	 6:30 - 7:30pm  <b>Open Swim</b>	6:45 - 7:30 pm <i>Aqua Noodle</i> <b>Rec. Area Closed</b>		
	7:30 - 9:45pm <b>Open Swim</b>	7:30 - 9:45pm <b>Open Swim</b>	7:30 - 9:45pm <b>Open Swim</b>	7:30 - 9:45pm <b>Open Swim</b>	7:00 - 9:45 pm <b>Open Swim</b> <b>Bring in your toys &amp; floats!</b>	

### Family Wellness Pool & Slide Rules

\*Pool Water Temperature is 83 degrees.

- \*Personal conduct within the pool facility must be such that the safety of self and others is not jeopardized. No running or rough play is permitted.
- \*No diving in the pool. No back dives or flips are allowed.
- \*Outside food or glass containers are not allowed in the pool facilities. Alcohol is prohibited at all times.
- \*No chewing gum, chewing tobacco or smoking will be permitted in the facility.
- \*All children who are not toilet-trained shall wear a swim diaper or tight-fitting rubber pants.
- \*No horseplay or rough play is allowed. Please do not allow children to sit on the geysers.
- \*We do allow water wings and swimsuits with built in floats as long as the parent or legal guardian are actively supervising the child. Lifejackets are not permitted.

### Slide

- \*Must adhere to all slide rules that are posted.
- \*Appropriate for all ages meeting height requirement.
- \*Persons must be a minimum of 48" tall to use or take a swim test.
- \*Only one person at a time may go down slide. Parents are not allowed to go down the slide with child on their lap.
- \*Riders must be sitting or lying down (on their back) in a feet first position with their arms and legs crossed.
- \*Riders may not stop, stand, spin or flip while on the slide.
- \*Parents can not catch children at the bottom of the slide.
- \*No swimsuits with buckles, chains, or anything that might scratch or get caught on the slide will be allowed.
- \*No balls, water toys, etc are allowed to go down the slide.
- \*For safety issues riders may not wear goggles down the slide. They could become loose and cause injury to the eyes.
- \*Riders must move away from the slide immediately – do not stand in front of the slide.

### Sauna, Steam Room & Whirlpool

- \*Sauna temperature is 170-180°      \*Steam Room temperature range is 90-120°      \*Whirlpool temperature is 102°
- \*Under 12 years old are not permitted in these areas. If you see a child under the age of 12 in any of these areas please report them to a lifeguard.
- \*Elderly persons, pregnant women, persons using prescription medications, and persons suffering from heart disease, diabetes or high blood pressure should consult a physician before using the whirlpool.
- \*Children under the age of 12 may not have any part of their body in the Whirlpool. If you see a child under 12 in the whirlpool please report them.
- \*The whirlpool's capacity shall not exceed 16 people.
- \*Swimsuits are required – No cut offs or jean shorts permitted.
- \*Observe reasonable time limits (10 - 15 minutes) long exposure may result in illness or fainting.
- \*Please do not pour water onto the hot rocks in the sauna. Sauna is designed for "dry heat" therapy. If "moist heat" is desired, use steam room.

Aquatic area will close 15 minutes prior to the building closing. The pool management has the authority to implement and enforce rules that are more stringent or that supplement those listed here.