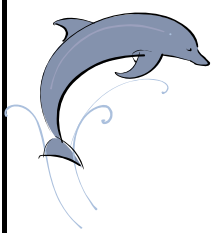




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 9:00 am Open Swim	5:30 - 5:45 am Open Swim	5:30 - 9:00 am Open Swim	5:30 - 5:45 am Open Swim	5:30 - 9:00 am Open Swim	7:00 - 8:35 am Open Swim
		5:45 - 6:30 am Aqua Circuit Rec. Area Closed		5:45 - 6:30 am Aqua Fitness Rec. Area Closed		
		6:30 - 9:15am Open Swim		6:30 - 9:00am Open Swim		
10:00 - 11:00 am Open Swim Bring in your toys and floats!	9:00 - 9:15 am Open Swim	9:15 - 10:30 am <i>Pool Closed For Programs & Lessons</i>	9:00 - 9:15 am Open Swim	9:00 - 9:15 am Open Swim	9:00 - 9:15 am Open Swim	9:00 - 10:30 am <i>Pool Closed For Programs & Lessons</i>
	9:15 - 10:00am Aqua Fitness Rec. Area Closed	9:15 - 10:00 am Arthritis Aquatics Rec. Area Closed	9:15 - 10:00 am Aqua Tone Rec. Area Closed	9:15 - 10:00 am Aqua Pilates Rec. Area Closed	9:15 - 10:00 am Aqua Noodle Rec. Area Closed	 Bring in your floats and toys!
11:00am - 5:45 pm Open Swim Bring Your Toys & Floats	10:00am - 1:00pm Open Swim	10:30am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:30 am - 5:45 pm Open Swim Bring in your toys & floats
	1:00 - 4:45pm Open Swim	1:00 - 5:00pm Open Swim	1:00 - 4:45pm Open Swim	1:00 - 5:00pm Open Swim	1:00 - 2:00pm Open Swim	

Evening schedule is located on the back.

Zero Depth Area: Children 6 and under 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.


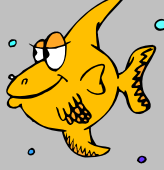

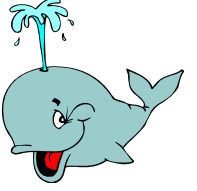
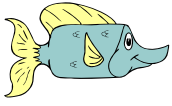

Rec. Pool Area: Children 6 and under must be directly supervised (side by side) by a parent/legal guardian/or sibling who is 16 years of age.

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 12 years old and older.

Children 11 and under must remain away from these areas at all times for their safety.

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
11:00am - 5:45 pm	4:45 - 5:30pm	5:00 - 7:30pm	4:45 - 5:30pm	5:00 - 6:30pm	2:00 - 7:30pm	11:00 am - 5:45 pm
Open Swim	<i>Pool Closed For Programs & Lessons</i>	<i>Pool Closed For Programs & Lessons</i>	<i>Pool Closed For Programs & Lessons</i>	<i>Pool Closed For Programs & Lessons</i>	Open Swim	Open Swim
 Building Closes at 6:00pm.	5:45 - 6:30pm <i>Aqua Pump</i> Rec. Area Closed		5:45 - 6:30pm <i>Aqua Tone</i> Rec. Area Closed	 Bring in your toys & floats!	 Bring in your toys & floats!	 Building Closes at 6:00pm
						
	6:30 - 7:30pm Zero Depth & Plunge Area Open					
	5:30 - 7:30pm Open Swim	6:45 - 7:30 pm <i>Aqua Circuit</i> Rec. Area Closed	6:30 - 7:30pm Open Swim	6:45 - 7:30 pm <i>Aqua Box</i> Rec. Area Closed		
7:30- 9:45pm Open Swim	7:30 - 9:45pm Open Swim	7:30 - 9:45pm Open Swim	7:30 - 9:45pm Open Swim	7:30 - 9:45pm Open Swim	7:30 - 9:45 pm Open Swim Bring in your toys & floats!	

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. **** Please shower before entering pool or spa. ****

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°
- *Children 11 years old and younger 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 or staff.
- *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 11 and under 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, please 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. You may be asked to take a swim test and wear an identification marker.