

## General Pool Rules:

- Please shower before entering the pool—no perfume/cologne
- No diving in shallow end of pool
- Please obey lifeguard's instructions
- An adult must accompany children ages 6 & under
- Adults must be in the water with all children wearing bubbles (or non-swimmers) & directly supervise them
- Follow pool rules listed on the walls in the pool area
- No food, drink or gum allowed in locker rooms or pool area
- Masks & snorkels are not permitted during Open or Family swims
- No shirts or cut-offs are permitted
- Life jackets, water wings or swimsuits with floats inserted are not permitted
- Persons utilizing the diving board must be able to swim a length of the pool on their front without floatation device
- Swim waivers are mandatory for all persons utilizing the diving board & a green wristband must be secured at the front desk before entering the pool

## Definitions of Swim:

**Open Swim**— Open to anyone for recreational or fitness swimming. Adults must accompany children age 6 & under. Children using bubbles must be directly supervised by an adult in the water. Noodles, balls, life jackets, masks/ snorkels/fins, swimsuits with floats inserted and water wings are not permitted. 3 lap lanes available.

**Family Swim**— Open for all families to practice skills or simply enjoy the water. Adults must accompany all children. Children using bubbles must be directly supervised by an adult in the water. Noodles and balls are permitted. Life jackets, water wings, swimsuits with floats inserted, masks/ snorkel/fins are not permitted. 3 lap lanes available

**Adult Rec**— A time set aside for adults age 18 and older to water walk, swim laps, exercise, or just enjoy the water. Please be considerate of others.

**Lap Swim**— A time set aside for lap swimming only. We encourage all swimmers, of any age, to circle swim & work together during peak times.

**Adult Lap Swim**— same as Lap Swim but for adults ages 18 & older

**(32 laps or 64 lengths = 1 mile)**



**April 2—April 30  
2018**

AQUATIC COORDINATOR  
DANI MOSTACHETTI





**Monday**

5:30-7:00am	Lap Swim (full)
7:00-9:00am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners
10:00-10:30am	Water Discovery/ Deep Adult Rec
10:30-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec
4:00-5:15pm	Y Swim Programs
5:30-8:00pm	Open Swim *5
8:00-9:00pm	Adult Swim Instr/ Adult Rec (deep)

**Thursday**

5:30-7:00am	Lap Swim (full)
7:00-9:00am	Adult Rec
9:00-10:00	Water Fitness/Adult
10:00-12:00am	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-2:00pm	Open Swim
4:30-5:30pm	Y Swim Programs
5:45- 8:00pm	Open Swim *6
8:00-9:00pm	Swimnastics/Adult Rec (deep)

**Tuesday**

5:30-7:00am	Lap Swim (full)
7:00-9:00 am	Adult Rec
9:00-10:00AM	Water Fitness/Adult
10:00-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-2:00pm	Open Swim
4:30-5:30pm	Y Swim Programs
5:30-8:00pm	Open Swim
8:00-9:00pm	Swimnastics/Adult Rec (deep)

**Friday**

5:30-7:00am	Lap Swim (full)
7:00-9:00am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners
10:00-11:00am	Home School/Champion Swim
11:00-12:00pm	Open Swim
12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec
4:00-5:00pm	Open Swim
5:00-6:00pm	Y Swim Programs
6:00-7:00pm	Rainbow Swim
7:00-9:00pm	Open Swim

**Wednesday**

5:30-7:00am	Lap Swim (full)
7:00-9:00 am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners
10:00-10:30am	WCSD special needs
10:30-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec
4:00-5:15pm	Y Swim Program
5:30-9:00pm	Open Swim *7*6

**Saturday**

7:15-8:30am	Adult Lap (full)
8:30-10:00am	Adult Lap (1-2 lanes)
8:30-10:00am	Y Swim Programs
10:00-11:00am	Special Olympics *1
11:00-12:00pm	Open Swim *2
12:00-1:00pm	Adult Lap *8*9
1:00-3:00pm	Open Swim *4 *9
3:00-4:00pm	Birthday Party** *3
4:00-6:00pm	Family Swim
6:00-8:00pm	Open Swim

**Sunday**

12:45-3:00pm	Family Swim
3:00-4:00pm	Open Swim
4:00-5:00pm	Birthday Party** *3

**\*UPCOMING EVENTS/  
POOL CLOSURES**

**1. SPECIAL OLYMPICS**

SAT., April 7 10-11am  
Sat., April 21 10-11am  
Sun., April 22  
11:30am-12:30pm  
Sat., April 29 10-11am

**2. BOY SCOUTS**

Sat. April 7 11am-12pm  
Sat., April 14 11am-12pm

**3. BIRTHDAY PARTIES**

Sat., April 14 3-4pm  
Sat., April 21 3-4pm  
Sun, April 15 4-5pm  
Sun, April 29 4-5pm

**4. WCDS/AO KAYAK  
CLASS**

Sat., April 7 2-3pm  
Sun., April 8 1-3pm

**5. BROKENSTRAW**

Mon., April 9 1/2 pool  
7-8pm

**6. 1/2 POOL RENTED**

Wed., April 11 7-9pm  
Thu., April 12 7-9pm

**7. LIFEGUARD COURSE  
(half pool)**

Wed., April 18 6-7pm  
Mo., April 23 8-9pm  
Wed., April 25 8-9pm

**8. GIRLS SCOUT 1/2pool**

Sat., April 28 12-2pm  
Sun., April 29 12-2pm

**9. HEALTHY KIDS DAY**

Sat., April 21 12-3pm

**Schedule subject to change without notice!**  
**\*\* If no Birthday party is scheduled it is  
open swim**