

EFFECTIVE: January 7-March 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5am	<p align="center">Adult Swim ONLY. No lifeguard on duty. Swim at your own risk.</p>					<p align="center">POOL IS CLOSED</p>						
5:30am												
6am												
6:30am												
7am												
7:30am												
8am												
8:30am												
9am							Aqua Fitness Denise 9:00-9:45am	Aqua Fitness Kami 9:00-9:45am	Aqua Fitness Anne 9:00-9:45am			
9:30am												
10am	Deep Aqua Kami 10:00-10:45am	Swim Lessons 10:30am-1:00pm	Deep Aqua Kami 10:00-10:45am	Adult Lap Swim 10:00am-1:00pm	Deep Aqua Anne 10:00-10:45am	Swim Lessons 10:00am-1:00pm						
10:30am												
11am	Adult Lap Swim 11:00am-1:00pm		Adult Lap Swim 11:00am-1:00pm		Swim Lessons 10:30am-1:00pm							
11:30am												
Noon												
12:30pm												
1pm	Family Swim 1:00-7:30 pm	Family Swim 1:00-3:30 pm	Family Swim 1:00-7:30 pm	Family Swim 1:00-3:30 pm	Family Swim 1:00-7:30 pm	Open Swim (Slides Open) 1:00-7:30pm	Open Swim (Slides Open) 1:00-7:30pm					
1:30pm												
2pm		Swim Lessons 3:30-7:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:30-7:30pm				
2:30pm												
3pm												
3:30pm												
4pm												
4:30pm												
5pm												
5:30pm												
6pm	Lap Lanes not available 5:30-7:30pm											
6:30pm												
7pm												
7:30pm	<p align="center">7:30pm-9:30pm Adult Swim ONLY. No lifeguard on duty. Swim at your own risk.</p>				<p align="center">POOL IS CLOSED</p>							
8pm												
8:30pm												
9pm	<p align="center">POOL IS CLOSED</p>											
9:30pm												

Adult Lap Swim- Lap lanes available. Lap swim ONLY. No lifeguard on duty. Swim at your own risk.

Schedule is subject to change.

**Lifeguards are on duty during posted open swim hours only.
Schedules are available at the front desk and are subject to change according to the season.**

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.**

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. When occupancy allows, a single lap lane is available during swimming lessons for the convenience of our lap swimmers. Please share the lane with other swimmers. **PLEASE NOTE: No lap or open swim during aqua classes.** 1 length=25 meters 66 lengths or 33 laps=1 mile

Family Swim—No Water Slides

Open Swim—Water Slide Schedule

The water slide is not available during water aerobics or swim lessons.

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

CLASS	AQUA GROUP FITNESS DESCRIPTION
AQUA FITNESS	Experience the benefits of water with Aqua Fitness. Aqua Fitness is a low impact, shallow water cardiovascular workout. Equipment is used to increase intensity and heart rate. (All fitness levels)
DEEP AQUA	Deep Aqua is a great cardiovascular workout using a buoyancy belt in the deep water. There is no impact on the joints making it perfect environment for those with injuries or limitations. Equipment is used to increase intensity and will strengthen your core and improve balance. (Intermediate to advanced levels)

**Adult Lap Swim- Lap lanes available. Lap swim ONLY. No lifeguard on duty. Swim at your own risk.
Schedule is subject to change.**