

**EFFECTIVE: January 13-March 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am		<b>Adult Swim ONLY.</b> <b>No lifeguard on duty.</b> <b>Swim at your own risk.</b>				<b>POOL IS CLOSED</b>	
5:30am							
6am							
6:30am							
7am							
7:30am							
8am							
8:30am							
9am							<b>Aqua Fitness</b> Denise 9:00-9:45am
9:30am							
10am	<b>Deep Aqua</b> Kami 10:00-10:45am	<b>Swim Lessons</b> (Lap swim open) 10:30am-12:30pm	<b>Deep Aqua</b> Kami 10:00-10:45am	<b>Adult Lap Swim</b> 10:00am-1:00pm	<b>Deep Aqua</b> Anne 10:00-10:45am	<b>Swim Lessons</b> (No Lap Swim) 9:00am-12:30pm	
10:30am							
11am							
11:30am	<b>Adult Lap Swim</b> 11:00am-1:00pm		<b>Adult Lap Swim</b> 11:00am-1:00pm		<b>Swim Lessons</b> (Lap swim open) 11:00am-12:30pm		
Noon							
12:30pm							
1pm	<b>Open Swim</b> 1:00-7:30pm	<b>Open Swim</b> 1:00-4:00pm	<b>Open Swim</b> 1:00-4:30pm	<b>Open Swim</b> 1:00-4:00pm	<b>Open Swim</b> 1:00-7:30pm	<b>Family Swim</b> (Slides Open) 1:00-4:00pm	<b>Family Swim</b> (Slides Open) 1:00-7:30pm
1:30pm							
2pm							
2:30pm							
3pm							
3:30pm							
4pm							
4:30pm							
5pm			<b>Swim Lessons</b> (Lap swim only) 4:00-7:00pm	<b>Swim Lessons</b> (Lap swim only) 4:30-6:30pm	<b>Swim Lessons</b> (No Lap Swim) 4:00-7:30pm		<b>Open Swim</b> 4:00-7:30pm
5:30pm							
6pm							
6:30pm							
7pm							
7:30pm	<b>7:30pm-9:30pm Adult Swim ONLY.</b> <b>No lifeguard on duty.</b> <b>Swim at your own risk.</b>				<b>POOL IS CLOSED</b>		
8pm							
8:30pm							
9pm							
9:30pm	<b>POOL IS CLOSED</b>						

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

### 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.

### Floating 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. <b>(All fitness levels)</b>
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. <b>(Intermediate to advanced levels)</b>

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