

# AQUATICS



Fall 2021

## Indoor Pool Schedule & Rules

Pool Hours: Monday - Friday 6:30AM-2:00PM, Saturday and Sunday 6:30AM-4:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30								6:30
7:00								7:00
7:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:30
8:00								8:00
8:30						8:30-10:00 Private Lessons	8:30-11:00 Private Lessons	8:30
9:00								
9:30		9:30-10:15 Deep Water Exercise with Theresa		9:30-10:15 Deep Water Exercise with Theresa				9:30
10:00						10:00-1:00 Group Lessons	11:00-11:30 Water Babies	10:00
10:30								
11:00								
11:30								11:30
NOON	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		12:00-1:00 Water Exercise	NOON
12:30								12:30
1:00								1:00
1:30								1:30
2:00	2:00-3:00 Water Exercise	2:00-3:00 Water Exercise	2:00-3:00 Water Exercise	2:00-3:00 Water Exercise	2:00-3:00 Water Exercise			2:00
2:30						2:00-4:00 Lap Swim	1:00-4:00 Lap Swim	2:30
3:00	3:00-4:00 Private Lessons	3:00-4:00 Private Lessons	3:00-4:00 Private Lessons	3:00-4:00 Private Lessons	3:00-4:00 Private Lessons			3:00
3:30								3:30

 Pool Closed  2 Lap Lanes Available

# Indoor Pool Rules

1. Showers are required prior to entering pool or jacuzzi.
2. A bathing cap is required for *all swimmers* who submerge their heads. A bathing suit is required. Cut-offs, tennis shorts and leotards are not acceptable.
3. Street shoes are not permitted on the pool deck.
4. Shoes or flip-flops must be worn in the main building at all times. Bathing suits are not to be worn on the second floor of the main building at any time.
5. Changing of clothes and diapers is restricted to locker rooms only. Changing on the pool deck is not allowed.
6. Diapers must be disposed of in marked diaper receptacles only, not in trash cans.
7. Any child not completely toilet trained must wear cloth diapers or training pants *and* rubber pants with tight fitting legs under a bathing suit.  
NO PAMPERS PLEASE!
8. Any loose or dangling jewelry should be removed prior to entering the pool.
9. Only water in paper cups or plastic bottles is allowed on the pool deck. All other food and drinks are prohibited from the pool deck and must be consumed in the restaurant area.
10. Running, pushing, horseplay and water guns are prohibited in and around the pool and locker rooms at all times.
11. Hanging on the lane lines is prohibited.
12. Blowing noses, expectorating, and excreting of bodily waste into the pool is prohibited.
13. Diving, back dives, flips, etc. are prohibited.
14. Toys and flotation devices are restricted to instructional classes only.
15. No child under 12 years of age is permitted in the pool or jacuzzi unless accompanied by a parent or responsible adult. At the discretion of the lifeguard, children *able to lap swim* may do so if accompanied by an adult.

All lifeguards and employees of Saw Mill Club have the authority and responsibility to enforce additional rules regarding health, safety, and deportment when it is necessary.