

AQUATICS



Indoor Pool Schedule & Rules

SPRING 2024

Pool Hours: Monday, Wednesday & Friday 6:30AM–8:00PM, Tuesday & Thursday: 6:30AM–9:00PM Saturday 6:30AM–5:00PM, Sunday 6:30AM–4:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:30								6:30					
7:00	6:30–9:00AM Lap Swim	6:30–9:30AM Lap Swim		6:30–9:30AM Lap Swim	6:30–9:00AM Lap Swim			7:00					
7:30								7:30					
8:00								8:00					
8:30						6:30–10:30AM Lap Swim	6:30–10:00AM Lap Swim	8:30					
9:00	9:00–10:00 Water Exercise		6:30AM– 2:00PM Lap Swim		9:00–10:00 Water Exercise			9:00					
9:30		9:30–10:30 Water Exercise		9:30–10:30 Water Exercise					9:30				
10:00									10:00				
10:30	10:00AM– 2:00PM Lap Swim	10:30–11:30 PreSchool One Lane Open		10:30AM– 12:00PM Lap Swim	10:00–11:30 PreSchool One Lane Open	10:30AM–1:00PM LESSONS	10:00AM– 12:00PM LESSONS	10:30					
11:00											11:00		
11:30										11:30			
NOON			11:30AM– 2:00PM Lap Swim							NOON			
12:30					11:30AM– 2:00PM Lap Swim		12:00–1:00 Water Exercise	12:30					
1:00				12:00–2:00 PreSchool One Lane Open				1:00					
1:30							12:00–4:00PM Lap Swim	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	1:00–4:00PM Lap Swim		2:00					
2:30									2:30				
3:00	3:00–4:00PM Lap Swim	3:00–4:00PM Lap Swim	3:00–4:00PM Lap Swim	3:00–4:00PM Lap Swim	3:00–4:00PM Lap Swim			3:00					
3:30								3:30					
4:00	4:00–6:30 LESSONS / TEAM	4:00–7:00 LESSONS / TEAM	4:00–7:00 LESSONS / TEAM	4:00–6:30 LESSONS / TEAM	4:00–5:00 LESSONS			4:00					
4:30											4:30		
5:00												5:00	
5:30											5:00–6:45PM Lap Swim		5:30
6:00								6:00					
6:30	6:30–8:00PM Lap Swim	7:00–9:00PM Lap Swim		6:30–9:00PM Lap Swim				6:30					
7:00									7:00–8:00 Water Exercise		6:45–7:45 Water Exercise		7:00
7:30													
8:00								8:00					
8:30								8:30					

 	Pool Closed
 	Pool Closed (Water Exercise class in session)
 	One Lane Open

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.