

SUN AKS

TENNIS & FITNESS

Covered Pool Schedule for October 2017

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|-----------------------------|---------------------|-----------------------------|---------------------|-----------------------------|------------------|-------------|
| 5:30AM | Pool Opens | Pool Opens | Pool Opens | Pool Opens | Pool Opens | | |
| 7:30AM | | | | | | Pool Opens | |
| 8:00AM | | | | | | SOAR begins 9-16 | Pool Opens |
| 9:05AM-10AM | Aqua Zumba Missy | | Water in Motion Rachelle | | Water in Motion Rachelle | SOAR 8-10AM | |
| 10AM-12PM | | | | | Swim Lessons | | |
| 12:10PM-1PM | Water in Motion Rachelle | | Aqua Zumba Missy | | | | |
| 3:00PM-6:00PM | Swim Lessons | | | | | | |
| 3:30PM-6:30PM | SOAR Swim School | SOAR Swim School | SOAR Swim School | SOAR Swim School | SOAR Swim School | | |
| 7:00PM | | | | | | Pool Closes | Pool Closes |
| 9:30PM | Pool Closes | Pool Closes | Pool Closes | Pool Closes | Pool Closes | | |

Lap Swimming in Covered Pool: Please check-in with Coach Steve for a lane assignment between 3-6:30PM M-TH

Outdoor Pool Schedule for October 2017

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 5AM | Pool Opens | Pool Opens | Pool Opens | Pool Opens | Pool Opens | | |
| 7:30AM | | | | | | Pool Opens | |
| 8AM | | | | | | | Pool Opens |
| 7PM | | | | | | Pool Closes | Pool Closes |
| 9:30PM | Pool Closes | Pool Closes | Pool Closes | Pool Closes | Pool Closes | | |

See Reverse Side for Pool Regulations

Pool Regulations

(Organized programs, events and fitness activities have priority in our pools.)

Family Swim (NO Lifeguard on Duty)

1. **No** children under age 14 may swim without an adult (18+) in **DIRECT** supervision of children.
2. **Do not** sit, stand, or lay on lane lines.
3. **Do not** throw things across the lanes.
4. **Do not** play on the handicap chair.
5. **Stay** in designated swim area.
6. Children who are not toilet trained **must** wear reusable swim diapers.
7. Parents must be poolside or in the water with children wearing life jackets or any other flotation device.

Toddler Pool - Supervising parents must be **inside** the pool fence.

Spa/Hot Tub- Children under the age of 14 **must** have an adult sitting **at** the family hot tub in direct supervision. No children in the adult spa.

Recreational Swim (Lifeguard on Duty) –

1. Children ages 6 and older who can swim on their own may swim under a lifeguard's supervision. Children 6-7 years of age must have a parent at the club during lifeguard swim or be enrolled in summer camp. Children must demonstrate their swimming ability by performing a swim test for the lifeguard.
2. **No** recreational/family swim in the covered pool when club activities are in progress.
3. There is no lifeguard at the covered pool. When the outdoor pool is closed recreational/family swim is only in designated lanes at posted times.

Lap Swimming in the Covered Pool

1. Lap swimming lanes are for those who are fitness lap swimming only. Please no children in lap lanes while parents swim.
2. Lap swimmers there is **not** always a solitary lane available for you.
 - A. General swimming courtesy is to share lap lanes with other lap swimmers. A lane may be split in half to accommodate 2 swimmers.
 - B. If more than 2 swimmers, a circular swim pattern should be used.
 - C. When necessary, we will designate fast & slow lanes.
 - D. If you need help securing a swim lane or have any questions ask the coach on deck.

Thank you for helping us have a safe and fun swim for all members