

SUNAKS

TENNIS & FITNESS

Covered Pool Schedule for May 7 to June 3

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	Aqua Tabata Rachelle	WIM Rachelle	Aqua Tabata Rachelle	WIM Rachelle	SOAR 8-10AM	
10AM-12PM					Swim Lessons		
12:10PM-1PM	WIM Rachelle		Aqua Zumba Missy				
3:00PM-6PM	SWIM	LESSONS	SWIM	LESSONS			
3:30PM-6PM	SOAR 3:30-6PM	SOAR 3:30-6PM	SOAR 3:30-6PM	SOAR 3:30-6PM	SOAR 3:30-6PM		
5:15PM-6PM	SWIM	SCHOOL	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 lane availability between 3-6:30PM M-TH

Outdoor Pool Schedule for April 30 to June 3

5:30AM							
7:30AM	Pool Opens	Pool Opens	Pool Opens	Pool Opens	Pool Opens	Pool Opens	
8:00AM							Pool Opens
9:00AM-11:30AM	School Lessons <small>April 30-May25</small>			School Lessons <small>April 30-May25</small>			
	Weekend Lifeguard hours are 2-7PM beginning May 26th						
7:00PM						Pool Closes	Pool Closes
9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes		

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