

# SUNAKS

TENNIS & FITNESS

## Winter Pool Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM		Master's	Master's		Master's		
5:30AM	Pool Opens	Pool Opens	Pool Opens	Pool Opens	Pool Opens		
7:30AM						Pool Opens	
8:00AM							Pool Opens
9:05-10:00AM	Aqua Zumba Missy		Aqua Fitness Rachelle				
10:00AM-12:00PM	Swim Lessons		Swim Lessons		Swim Lessons		
12:10PM-1PM	Aqua Fitness Rachelle		Aqua Zumba Missy				
3PM-6:30PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
7:00PM						Pool Closes	Pool Closes
9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes		

Master's Swim Practice with Nancy Tuesday, Wednesday and Friday at 5:15am - \$45 per month

## Outdoor Pool Closed for Season

5:30AM	Pool Opens	Pool Opens	Pool Opens	Pool Opens	Pool Opens		
7:30AM						Pool Opens	
8:00AM							Pool Opens
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)**

**No** children under age 14 may swim without an adult (18+) in **DIRECT** supervision of children.

**Do not** sit, stand, or lay on lane lines.

**Do not** throw things across the lanes.

**Do not** play on the handicap chair.

**Stay** in designated swim area.

Children who are not toilet trained must wear reusable swim diapers.

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) –**

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.

**No** recreational/family swim in the covered pool when club activities are in progress.

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**

**Lap swimming lanes** are for those who are fitness lap swimming only. Please no children in lap lanes while parents swim.

**Lap swimmers** there is **not** always a solitary lane available for you.

**General swimming courtesy** is to share lap lanes with other lap swimmers. A lane may be split in half to accommodate 2 swimmers.

**If more than 2 swimmers**, a circular swim pattern should be used.

**When necessary**, we will designate fast & slow lanes.

**If you need help securing a swim lane or have any questions ask the coach on deck.**