

# SUNAKS

TENNIS & FITNESS

## May 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
9:00AM	Aqua Zumba 9:05AM -	Swim Lessons 9:00-10:30AM	Aqua Fitness 9:05AM - Rachele	Swim Lessons 9:00-10:30AM	Swim Lessons 9:00AM- 12:00PM		
12:10PM- 1PM	Aqua Fitness Rachele		Aqua Zumba Missy				
2:00PM- 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

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							Pool Opens
7:00PM						Pool Closes	Pool Closes
9:30AM							
1:30PM							
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.

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