

SUN AKS

TENNIS & FITNESS

Winter - Covered Pool

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30AM	Pool Opens	Pool Opens	Pool Opens	Pool Opens	Pool Opens				
8:00AM						Pool Opens	Pool Opens		
9:00AM	Aqua Fitness		Aqua Fitness		Aqua Fitness				
11:30AM			<p>January-May Swim Lessons Monday's-Thursday's Lanes 1-3: 2:00-7:00pm Lanes 7-8: 4:30-5:00pm, 5:30-6:00pm</p> <p>Wednesday's Lanes 5-8: 5-7pm for water polo Lane 5: 5:30-6:30pm</p> <p>Friday's: Lanes 1-3: 10am-1pm</p>				Pool Closes		
2:00PM									
3:30PM									Pool Closes
5:30PM									
6:30PM									
8:00PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Closed	Closed		

Winter - Outdoor Pool Closed

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM							
8:00AM							
11:30AM							
3:30PM							
7:30PM							
8:30PM					Closed	Closed	Closed

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.

Reservation required for Lap Swimming in the Covered Pool

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