

# SUNAKS

TENNIS & FITNESS

## Summer - Covered Pool

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM	Masters 1hour	Masters 1hour	Masters 1hour	Masters 1hour	Masters 1hour		
8:00AM	Aqua Fitness 50min		Aqua Fitness 50min		Aqua Fitness 50min		
10:00AM	<p align="center"><b>Swim School</b> Monday through Thursday 12pm to 7pm</p> <p align="center"><b>Swim Team</b> Monday through Thursday 8:30am to 11:30am Monday through Thursday 4:30pm to 6:30pm</p> <p align="center"><b>Junior Guards and Water Polo</b> Tuesday and Thursday 12:30pm to 3pm</p>						
11:00AM							
1:30PM							
3:30PM							
5:30PM							
6:30PM		Aqua Fitness 50min		Aqua Fitness 50min			
7:00PM							
7:30PM					Pool Closes		
9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes			

## Summer - Outdoor Pool

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30AM										
8:00AM	<p align="center"><b>Swim Lessons</b> Monday through Thursday 8am to 1pm</p> <p align="center"><b>Lifeguard Hours</b> Monday through Friday 1pm to 6pm</p>									
3:30PM										
5:30PM									Pool Closes	Pool Closes
7:30PM									Pool Closes	
9:30PM					Pool Closes	Pool Closes	Pool Closes	Pool Closes	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 recommended for Lap Swimming in the Covered Pool**

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