

SUNAKS

TENNIS & FITNESS

August 28th thru September 24th - Covered Pool

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM							
8:00AM	Aqua Fitness 50min		Aqua Fitness 50min		Aqua Fitness 50min		
10:00AM	<p style="text-align: center;"><u>Swim Programs</u> Monday through Thursday 9am-1pm and 2pm-7pm</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			

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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM							
8:00AM							
3:30PM							
5:30PM						Pool Closes	Pool Closes
7:30PM					Pool Closes		
9:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	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 recommended for Lap Swimming in the Covered Pool

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