

Pool Schedule-April 2017

Please call the Fitness Center at 775-9851 for an orientation before using the pool.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>5:30am-1:00pm Open</u>	<u>5:30am-9:00 Open</u>	<u>5:30am-9:00 Open</u>	<u>5:30am-2:00pm Open</u>	<u>5:30am-9:00 Open</u>	<u>5:30am-9:00 Open</u>	<u>5:30am-1:00pm Open</u>
	9:00-9:45 Water Aerobics	9:00-9:45 Water Aerobics		9:00-9:45 Water Aerobics	9:00-9:45 Water Aerobics	
	10:15-11:00 Water Arthritis	10:15-11:00 Water Arthritis		10:15-11:00 Water Arthritis	10:15-11:00 Water Arthritis	
	11:30-12:30 Therapy Pool Tai Chi	11:00-7:00 <u>Open</u>		11:00-7:00 <u>Open</u>	11:30-12:30 Therapy Pool Tai Chi	
	<u>12:30-2:30 Open</u>				<u>12:30-2:30 Open</u>	
*1:00-5:00 Family Swim with Aquatic Guard	2:30-3:15 Therapy Pool Arthritis Program	11:00-7:00 <u>Open</u>	*2:00-7:00 Family Swim With Aquatic Guard	<u>11:00-7:00 Open</u>	2:30-3:15 Therapy Pool Arthritis Program	*1:00-5:00 Family Swim with Aquatic Guard
<u>5:00-7:00pm Open</u>	3:30-4:30 Therapy Pool Yoga			3:30-4:30 Therapy Pool Yoga	3:30-4:30 Therapy Pool Yoga	
	<u>2:30-7:00 Open</u>					5:00-10:00pm <u>Open</u>
Joe's Class 7:00-8:00	Joe's Class 7:00-8:00	Joe's Class 7:00-8:00	Joe's Class 7:00-8:00	Joe's Class 7:00-8:00		
<u>8:00-10:00pm Open</u>	<u>8:00-10:00pm Open</u>	<u>8:00-10:00pm Open</u>	<u>7:00-10:00pm Open</u>	<u>8:00-10:00pm Open</u>	<u>2:30-10:00pm Open</u>	

We welcome children 15 or younger to our pool on Saturdays and Sundays from 1-5pm and on Wednesdays from 2-7pm.

The children from the Kendal Early Learning Center swim every other Weds. from 2:30-3:30.

Please do not interrupt classes while they are in session.

For your safety, NEVER swim alone.

Turn over for Rules

Pool Rules

General

- ❖ Pool Hours are 5:30 AM – 10:00 PM.
- ❖ Everyone **must sign in** on the Daily Pool Log.
- ❖ **All Members must go through an orientation BEFORE using the pool.**
- ❖ Any Family or Guest must be accompanied by a Resident or Staff Member, who is responsible to inform their family/guest of the pool guidelines.
- ❖ **Children: We welcome children 15 or younger to our pool on Saturdays and Sundays from 1-5pm and Wednesdays from 4-7pm.** *A fee will be charged for each NON-family guest.*

Safety

- ❖ It is mandatory that the “**Buddy System**” be enforced. Please see safety station location near the Sign-in Table for details. **Never swim alone.**
- ❖ If a swimmer is in danger, PULL THE EMERGENCY PULL CORD. This will alert a team of qualified personnel to come to the pool. Please do not try to save anyone on your own. If appropriate, throw the donut lifesaver or one of the rescue tubes located on the east and west pool walls to the victim.
- ❖ Anyone witnessing inappropriate behavior should telephone 800 to ask for a Facility Services representative to come immediately to the pool.
- ❖ The pool is closed immediately during lightning or thunder and will remain so for 30 minutes after the last incident.

Special Circumstances Preventing Use of the Pool

- ❖ Diarrhea: We ask individuals to refrain from pool use for 14 days following their last day of symptoms.
- ❖ Any users with open wounds or weeping skin areas are asked to avoid the pool.
- ❖ Any user who has been to a developing country of Latin America, Africa, and the Middle East or on a cruise is asked to refrain from entering the swimming pool until 7 days after return to the United States if symptom-free. If symptomatic, a 14-day wait is required after last day of symptoms.

Never swim alone.

Turn over for schedule