



AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

April 13 – April 23, 2017



MONDAY	Lap Lanes	Open Use	Class
5:30-8:00 am	3	3	
8:00-9:00 am	1		Water Walkers (5)
9:00-10:05 am	1		Pilaqua (5)
10:05-10:30 am	2	4	
10:30-11:30 am	2		Senior Stretch (4)
11:30 am-8:00 pm	3	3	

TUESDAY	Lap Lanes	Open Use	Class
5:30-8:00 am	3	3	
8:00-9:00 am			Aqualite (6)
9:00 am-3:45 pm	3	3	
3:45-4:45 pm	1	3	Swim Conditioning (2)
4:45-8:00 pm	3	3	

WEDNESDAY	Lap Lanes	Open Use	Class
5:30-8:00 am	3	3	
8:00-9:00 am	1		Water Walkers (5)
9:00-10:15 am	1		Pilaqua (5)
10:15-11:15 am	2		Senior Stretch (4)
11:15 am-8:00 pm	3	3	

THURSDAY	Lap Lanes	Open Use	Class
5:30-8:00 am	3	3	
8:00-9:00 am			Aqualite (6)
9:00 am-8:00 pm	3	3	

FRIDAY	Lap Lanes	Open Use	Class
5:30-8:00 am	3	3	
8:00-9:00 am	1		Water Walkers (5)
9:00-10:05 am	1		Pilaqua (5)
10:05-10:30 am	1	5	
10:30-11:15 am	1		Twinges (5)
11:15 am-8:00 pm	3	3	*see note below

SATURDAY	Lap Lanes	Open Use	Class
7:00 am-5:00 pm	3	3	

SUNDAY	Lap Lanes	Open Use	Class
9:00 am-3:00 pm	3	3	

Lap Pool Availability Changes:

The Gibraltar High School Phy. Ed. Classes will be utilizing a portion of the lap pool on Fridays from February through May. From 2:45-3:15 pm, the number of available lanes will be reduced by 1-2 lanes for our regular members.

Easter Holiday: Sunday, April 16

To observe Easter, all Door County Y program centers will be closed. We are open regular hours the remainder of Easter weekend.

POOL USE GUIDELINES

- Children under 10 must be accompanied in the water by an adult (age 18+). Children age 7 and younger must be directly accompanied in the water by an adult who is within arm's reach.
- Please do not enter the pool if you have a communicable disease or open cut.
- Street shoes are prohibited on the pool deck.
- Please use our flotation devices. Only US Coast Guard-approved flotation devices are allowed.
- Please thoroughly rinse off before entering the pool and after use of toilet facilities.
- Bathing suits required. Cut offs, street clothes and flotation bathing suits are not permitted.
- Please walk on the pool deck. Running is strictly prohibited due to slipping hazard.
- Food, gum or drinks are not allowed. Water is permitted in plastic containers/bottles.
- Glass and other similar items are not allowed anywhere in the Aquatic Center.
- Please do not engage in rough play in the pool or on the pool deck.
- Non-toilet trained children are required to wear swim diapers (available at the Welcome Center).
- Diaper changing on the pool deck is prohibited. Changing areas are available in the Family Changing Room.

SPA USE GUIDELINES

- Patrons age 14 and older are allowed to use the spa.
- Please take a soap shower before entering to remove body lotions and makeup.
- Aerobic exercise is prohibited.

WARNING: individuals with heart conditions, diabetes, or blood pressure concerns should not use the spa.

WARNING: pregnant women should consult their physician regarding spa use.

WARNING: lengthy exposure may result in nausea, dizziness, or fainting. We recommend limiting spa use to 10 minutes.