



# AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

April 24 – June 9, 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-3:45 pm	3	3	
3:45-4:30 pm			Swim Lessons (6)
4:30-5:10 pm	2	2	Swim Lessons (2)
5:10-8:00 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-12:55 pm	3	3	
12:55-1:30 pm	2	3	Swim Lessons (1)
1:30-3:45 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-3:45 pm	3	3	
3:45-5:00 pm	1	3	Swim Lessons (2)
5:00-8:00 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	3	3	
10:30-11:15 am	3		Twinges (3)
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	May 6 & 20 – lap pool closed due to Kayak Class.

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

### Lap Pool Availability Change

Gibraltar High School Phy. Ed. classes will be utilizing a portion of the lap pool on Fridays through May. From 2:45-3:15 pm, lane availability for members will be reduced by 1-2.

### Summer Facility Hours Change

Starting Saturday, May 27, we will be closing at 3:00 pm on Saturdays through Labor Day weekend.

### Memorial Day Hours: Monday, May 29

Door County Y program centers will be open from 7:00-11:00 am and no classes will be held due to the holiday. We are open regular hours for the remainder of the 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.