



AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

October 30 through December 17, 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 Lesson (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	3	2	Swim Lessons (1)
1:30-3:45 pm	3	3	
3:45-5:00 pm			Swim Team (6)
5:00-6:30 pm	1		SUP Fitness (5)
6:30-8:00 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)
9:00-10:05 am	1		Pilaqua (5)
10:05-10:30 am	2	4	
10:30-11:15 am	2		Senior Stretch (4)
11:15 am-3:45 pm	3	3	
3:45-4:30 pm	1		S&B/Swim Team (5)
4:30-5:00 pm	2		Swim Team (4)
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)
9:00-11:00 am	3	3	
11:00-11:45 am	3		Twinges in the Hinges (3)
11:45 am-1:35 pm	2	3	Swim Lessons (1)
1:35-3:45 pm	3	3	
3:45-5:00 pm			Swim Team (6)
5:00-8:00 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 am-8:00 pm	3	3	

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	

Holiday Hours Changes:

Sunday, December 24 (Christmas Eve) -
closing at 12:00 pm

Monday, December 25 (Christmas) - closed

POOL USE GUIDELINES

1. Minimum age for children is 10 years old. Children 9 and under must be accompanied in the water by an adult who is within arm's reach.
2. Please do not enter the pool if you have a communicable disease or open cut.
3. Street shoes are prohibited on the pool deck.
4. Please use our flotation devices. Only US Coast Guard-approved flotation devices are allowed.
5. Please thoroughly rinse off before entering the pool and after use of toilet facilities.
6. Bathing suits required. Cut offs, street clothes and flotation bathing suits are not permitted.
7. Please walk on the pool deck. Running is strictly prohibited due to slipping hazard.
8. Food, gum or drinks are not allowed. Water is permitted in plastic containers/bottles.
9. Glass and other similar items are not allowed anywhere in the Aquatic Center.
10. Please do not engage in rough play in the pool or on the pool deck.
11. Non-toilet trained children are required to wear swim diapers (available at the Welcome Center).
12. Diaper changing on the pool deck is prohibited. Changing areas are available in the Family Changing Room.

SPA USE GUIDELINES

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

WARNING: individuals with heart conditions, diabetes, or blood pressure concerns should not use the spa. Pregnant women should consult their doctor.
WARNING: lengthy exposure may result in nausea, dizziness, or fainting. We recommend limiting spa use to 10 minutes.