



AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

February 25 through March 24, 2019



MONDAY	Lap Lanes	Open Use	Class
6:00-8:00 am	3	3	
8:00-9:00 am	2	0	Water Walkers (4)
9:00-10:05 am	2	0	Pilaqua/Self-taught (4)
10:05 am-3:45 pm	2	4	
3:45-4:30 pm	0	0	Swim Lessons (6)
4:30-5:10 pm	1	2	Swim Lessons (3)
5:10-8:00 pm	3	3	

TUESDAY	Lap Lanes	Open Use	Class
6:00-8:00 am	3	3	
8:00-9:00 am	0	0	Aqualite (6)
9:00 am-12:15 pm	3	3	
12:15-1:30 pm	1	3	Swim Lessons (2)
1:30-3:45 pm	3	3	
3:45-5:15 pm	0	0	Swim Team (6)
5:15-8:00 pm	3	3	

WEDNESDAY	Lap Lanes	Open Use	Class
6:00-8:00 am	3	3	
8:00-9:00 am	2	0	Water Walkers (4)
9:00-10:05 am	2	0	Pilaqua/Self (4)
10:05-11:40 am	2	4	
11:40 am-12:25 pm	2	0	Aquatic Knee, Hip and Joint (4)
12:25-3:45 pm	3	3	
3:45-4:30 pm	0	0	Swim Team/ Swim Lessons (6)
4:30-5:15 pm	1	2	Swim Team (3)
5:15-8:00 pm	3	3	

THURSDAY	Lap Lanes	Open Use	Class
6:00-8:00 am	3	3	
8:00-9:00 am	0	0	Aqualite (6)
9:00-10:30 am	3	3	
10:30-11:00 am	3	0	Twinges in the Hinges (3)
11:00 am-3:45 pm	3	3	
3:45-5:15 pm	0	0	Swim Team (6)
5:15-8:00 pm	3	3	

FRIDAY	Lap Lanes	Open Use	Class
6:00-8:00 am	3	3	
8:00-9:00 am	2	0	Water Walkers (4)
9:00-10:05 am	2	0	Pilaqua/Self-taught (4)
10:05-11:40 am	2	4	
11:40 am-12:25 pm	2	0	Aquatic Knee, Hip and Joint (4)
12:25-8:00 pm	3	3	

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

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

Facility Closing
 We will be closed to all members and guests on Monday, March 11 for annual spring cleaning.

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.
- 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 items are not allowed.
- Non-toilet trained children are required to wear swim diapers (available at the Welcome Center).

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.