



AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

June 10 - 16, 2019



- LAP/OPEN USE LANES MAY DEVIATE FROM SCHEDULE BASED ON AQUATIC CENTER STAFF DISCRETION.
- IF LIGHTING IS OBSERVED, AQUATIC CENTER WILL RE-OPEN 30 MINUTES FROM LAST OBSERVED STRIKE.

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 (4)
10:05-10:30 am	2	4	
10:30-11:30 am	2	0	Senior Stretch and Tone (4)
11:30 am-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-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 (4)
10:05-11:40 am	3	3	
11:40 am-12:25 pm	2	0	Aquatic Knee, Hip and Joint (4)
12:25-8:00 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-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 (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	

POOL USE GUIDELINES

1. 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.
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. 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. Glass items are not allowed.
9. Non-toilet trained children are required to wear swim diapers (available at the Welcome Center).

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.

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.