



# AQUATIC CENTER SCHEDULE • NORTHERN DOOR CENTER

Valid September 3 through October 20, 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 (4)        |
| 10:05-10:30 am   | 2         | 4        |                    |
| 10:30-11:30 am   | 2         | 0        | Senior Stretch (4) |
| 11:30 am-3:45 pm | 3         | 3        |                    |
| 3:45-4:30 pm     | 0         | 0        | Swim Lessons (6)   |
| 4:30-5:10 pm     | 1         | 2        | Swim Lesson (3)    |
| 5:10-8:00 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)                       |
| 9:00-10:00 am    | 3         | 3        |                                    |
| 10:00-10:30 am   | 3         | 0        | Twinges in the Hinges (3)          |
| 10:30 am-3:45 pm | 3         | 3        |                                    |
| 3:45-5:00 pm     | 0         | 0        | DCY Fall Prep/<br>Dolphin Club (6) |
| 5:00-8:00 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        |                                    |
| 3:45-5:00 pm     | 0         | 0        | DCY Fall Prep/<br>Dolphin Club (6) |
| 5:00-8:00 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        |                   |
| 11:40am-12:25 pm | 2         | 0        | Aquatic Knee (4)  |
| 12:25-8:00 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  | 2         | 4        |                   |
| 11:40am-12:25pm | 2         | 0        | Aquatic Knee (4)  |
| 12:25-3:45 pm   | 3         | 3        |                   |
| 3:45-4:30 pm    | 2         | 0        | Swim & Board (4)  |
| 4:30-8:00 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. 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. 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. 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.