

# NORTH POOL

## Spring 2017 Schedule

(effective April 3, 2017)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30	5:00-7:45 <b>Adult Swim</b> (6 lanes available) Diving Board Closed	5:00-7:45 <b>Adult Swim</b> (6 lanes available) Diving Board Closed	5:00-7:45 <b>Adult Swim</b> (6 lanes available) Diving Board Closed	5:00-7:45 <b>Adult Swim</b> (6 lanes available) Diving Board Closed	5:00-7:45 <b>Adult Swim</b> (6 lanes available) Diving Board Closed	5:00-7:45 <b>Adult Swim</b> (6 lanes available) Diving Board Closed	
6:00							
6:30							
7:00							
7:30							
8:00	7:45-10:00 <b>Water Aerobics</b> Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 <b>Water Aerobics</b> Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 <b>Water Aerobics</b> Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 <b>Water Aerobics</b> Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 <b>Water Aerobics</b> Limited Lap Swim (1 lane available) Diving Board Closed	8:15-10:00 <b>Water Aerobics</b> Limited Lap Swim (2 lanes available) Diving Board Closed	8:00-10:00 <b>Adult Swim</b> (6 lanes available) Diving Board Closed
8:30							
9:00							
9:30							
10:00							
10:30	10:15-12:15 <b>Swim Lessons</b> (2 lanes available)	10:15-12:15 <b>Swim Lessons</b> (2 lanes available)	10:15-12:15 <b>Swim Lessons</b> (2 lanes available)	10:15-12:15 <b>Swim Lessons</b> (2 lanes available)	10:15-12:15 <b>Swim Lessons</b> (2 lanes available)		
11:00							
11:30							
12:00							
12:30							
1:00							
1:30	12:15-4:15 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:15-4:15 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:15-4:15 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:15-4:15 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:15-4:15 <b>Open Swim</b> (3 lanes available) Diving Board Closed		
2:00						10:00-7:45 <b>Open Swim</b> (2 lanes available)	10:00-7:45 <b>Open Swim</b> (2 lanes available)
2:30							
3:00							
3:30							
4:00					Diving board opens at 4:00		
4:30							
5:00	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available)	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available)	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available)	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available)			
5:30							
6:00							
6:30							
7:00							
7:30						<b>Pool Closes at 7:45</b>	<b>Pool Closes at 7:45</b>
8:00	7:30-9:45 <b>Open Swim</b> (2 lanes available)	7:30-9:45 <b>Open Swim</b> (2 lanes available)	7:30-9:45 <b>Open Swim</b> (2 lanes available)	7:30-9:45 <b>Open Swim</b> (2 lanes available)	4:00-9:45 <b>Open Swim</b> Limited Lap Swim (2 lanes available)	<b>Lifeguard Hours</b> Monday - Friday: 5:00am-12:00pm & 4:00-10:00pm Saturdays: 5:00am-8:00pm Sundays: 8:00am-8:00pm Please check with the front desk on days off of school for lifeguard hours.	
8:30							
9:00							
9:30							

**WEATHER POLICY:** If lightning is sighted, all 3 pools and hot tub are cleared. Pools will reopen 30 minutes after the lightning has ceased. Please understand this is for your safety.

**LOCKER ROOM POLICIES:** Boys, 4 years and older, are not permitted in the women's locker room; and girls, 4 years and older, are not permitted in the men's locker room. Family restrooms are located in the cardio room hallway.

**AGE POLICIES:** Members 8 & under: Supervision is required by an adult in the water or poolside within an arm's reach. Direct supervision is permitted with the use of a life jacket. Members 9-15 years: May be asked to provide proof of age to swim unsupervised when lifeguards are on duty. Direct supervision is required by an adult when lifeguards are not on duty.

**DEFINITIONS:**

- **Adult Swim:** As with all areas of Four Seasons I, the pool is adults only (16 yrs+) until 10:00am unless the child is in a scheduled program.
- **Lap Swim:** Lap lanes are designated areas for members to swim back and forth in an orderly fashion. One length of the pool is 25 yards. When crowded, swimmers are expected to share lanes and swim in a circle pattern.
- **Open Swim:** Swimmers are permitted to use open spaces for recreational swimming. Please be aware of all pool rules posted for a safe and enjoyable swimming experience.
- **Swim Lessons** are Four Seasons programs only. We ask that members are courteous to the participants and instructors when classes are in session.
- **Water Aerobics** is a group fitness class and requires a ticket to participate in class. Pick up a ticket at the front desk. Equipment is provided (if needed).

# SOUTH POOL

## Spring 2017 Schedule

(effective April 3, 2017)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30							
6:00							
6:30							
7:00	5:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)	5:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)	5:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)	5:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)	5:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)	5:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)	
7:30							
8:00							
8:30							8:00-10:00 <b>Adult Swim &amp; Lap Swim</b> (6 lanes available)
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00	10:00-5:15 <b>Lap Swim</b> (6 lanes available)	10:00-5:15 <b>Lap Swim</b> (6 lanes available)	10:00-5:15 <b>Lap Swim</b> (6 lanes available)	10:00-5:15 <b>Lap Swim</b> (6 lanes available)	10:00-8:30 <b>Lap Swim</b> (6 lanes available)		
12:30							
1:00							
1:30							
2:00						10:00-7:45 <b>Lap Swim</b> (6 lanes available)	10:00-7:45 <b>Lap Swim</b> (6 lanes available)
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	5:15-6:00 <b>Water Aerobics</b>	5:30-6:15 <b>Water Aerobics</b>	5:15-6:15 <b>Water Aerobics</b>				
6:00							
6:30	5:15-8:30 <b>Swim Team</b> (2 lanes available)	5:45-8:30 <b>Swim Team</b> (2 lanes available)	5:15-8:30 <b>Swim Team</b> (2 lanes available)	5:45-8:30 <b>Swim Team</b> (2 lanes available)			
7:00							
7:30						<b>Pool Closes at 7:45</b>	<b>Pool Closes at 7:45</b>
8:00							
8:30	8:30-9:45 <b>Lap Swim</b> (6 lanes available)	8:30-9:45 <b>Lap Swim</b> (6 lanes available)	8:30-9:45 <b>Lap Swim</b> (6 lanes available)	8:30-9:45 <b>Lap Swim</b> (6 lanes available)	8:30-9:45 <b>Lap Swim</b> (6 lanes available)		
9:00							
9:30							

**WEATHER POLICY:** If lightning is sighted, all 3 pools and hot tub are cleared. Pools will reopen 15 minutes after the lightning has ceased. Please understand this is for your safety.

**LOCKER ROOM POLICIES:** Boys, 4 years and older, are not permitted in the women's locker room; and girls, 4 years and older, are not permitted in the men's locker room. Family restrooms are located in the cardio room hallway.

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