

NORTH POOL

Summer 2018 Schedule

(effective May 29, 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30	5:00-7:45 Adult Swim (6 lanes available) Diving Board Closed	5:00-7:45 Adult Swim (6 lanes available) Diving Board Closed	5:00-7:45 Adult Swim (6 lanes available) Diving Board Closed	5:00-7:45 Adult Swim (6 lanes available) Diving Board Closed	5:00-7:45 Adult Swim (6 lanes available) Diving Board Closed	5:00-8:15 Adult Swim (6 lanes available) Diving Board Closed	
6:00							
6:30							
7:00							
7:30							
8:00	7:45-10:00 Water Aerobics Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 Water Aerobics Limited Lap Swim (2 lanes available) Diving Board Closed	7:45-10:00 Water Aerobics Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 Water Aerobics Limited Lap Swim (2 lanes available) Diving Board Closed	7:45-10:00 Water Aerobics Limited Lap Swim (1 lane available) Diving Board Closed	8:15-10:00 Water Aerobics Limited Lap Swim (1-2 lanes available) Diving Board Closed	8:00-10:00 Adult Swim (6 lanes available) Diving Board Closed
8:30							
9:00							
9:30							
10:00	Adults only before 10AM (with the exception of supervised children's programs)						
10:30							
11:00		10:15-12:15 Swim Lessons (2 lanes available)	10:15-12:15 Swim Lessons (2 lanes available)	10:15-12:15 Swim Lessons (2 lanes available)		10:00-12:15 Swim Lessons (1 lane available)	
11:30							
12:00							
12:30							
1:00							
1:30	10:00-4:30 Open Swim (2 lanes available) Diving Board Open	10:00-4:30 Open Swim (2 lanes available) Diving Board Open	10:00-4:30 Open Swim (2 lanes available) Diving Board Open	10:00-4:30 Open Swim (2 lanes available) Diving Board Open	10:00-9:45 Open Swim (2 lanes available) Diving Board Open	12:15-7:45 Open Swim (2 lanes available) Diving Board Open	10:00-7:45 Open Swim (2 lanes available) Diving Board Open
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	4:30-7:30 Swim Lessons Limited Lap Swim (1 lane available)	4:30-7:30 Swim Lessons Limited Lap Swim (1 lane available)	4:30-7:30 Swim Lessons Limited Lap Swim (1 lane available)	4:30-7:30 Swim Lessons Limited Lap Swim (1 lane available)			
5:30							
6:00							
6:30							
7:00							
7:30						Pool Closes at 7:45	Pool Closes at 7:45
8:00	7:30-9:45 Open Swim (2 lanes available)	7:30-9:45 Open Swim (2 lanes available)	7:30-9:45 Open Swim (2 lanes available)	7:30-9:45 Open Swim (2 lanes available)			
8:30							
9:00							
9:30	Pool Closes at 9:45	Pool Closes at 9:45	Pool Closes at 9:45	Pool Closes at 9:45	Pool Closes at 9:45		

Lifeguard Hours
Monday - Friday: 5:00am-10:00pm effective June 1st
Saturdays: 5:00am-8:00pm
Sundays: 8:00am-8:00pm
Please check with the front desk on days off of school for lifeguard hours.

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 pool side within an arm's reach. Direct supervision is permitted with the use of a lifejacket.
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

Summer 2018 Schedule

(effective May 29, 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30							
6:00	5:00-7:30 Adult Swim & Lap Swim (6 lanes available)	5:00-7:30 Adult Swim & Lap Swim (6 lanes available)	5:00-7:30 Adult Swim & Lap Swim (6 lanes available)	5:00-7:30 Adult Swim & Lap Swim (6 lanes available)	5:00-7:30 Adult Swim & Lap Swim (6 lanes available)	5:00-10:00 Adult Swim & Lap Swim (6 lanes available)	
6:30							
7:00							
7:30	7:30-9:00 Summer Swim Team (2 lanes available for Adult Swim)	7:30-9:00 Summer Swim Team (2 lanes available for Adult Swim)	7:30-9:00 Summer Swim Team (2 lanes available for Adult Swim)	7:30-9:00 Summer Swim Team (2 lanes available for Adult Swim)	7:30-9:00 Summer Swim Team (2 lanes available for Adult Swim)		
8:00							8:00-10:00 Adult Swim & Lap Swim (6 lanes available)
8:30							
9:00	9:00-10:30 Summer Swim Team Team uses all lanes	9:00-10:30 Summer Swim Team Team uses all lanes	9:00-10:30 Summer Swim Team Team uses all lanes	9:00-10:30 Summer Swim Team Team uses all lanes	9:00-10:30 Summer Swim Team Team uses all lanes		
9:30							
10:00	Adults only before 10AM (with the exception of supervised children's programs)						
10:30	10:30-11:30 Summer Swim Team (2 lanes available)	10:30-11:30 Summer Swim Team (2 lanes available)	10:30-11:30 Summer Swim Team (2 lanes available)	10:30-11:30 Summer Swim Team (2 lanes available)	10:30-11:30 Summer Swim Team (2 lanes available)		
11:00							
11:30							
12:00	11:30-5:15 Lap Swim (6 lanes available)	11:30-9:45 Lap Swim (6 lanes available)	10:00-5:15 Lap Swim (6 lanes available)	11:30-9:45 Lap Swim (6 lanes available)	11:30-9:45 Lap Swim (6 lanes available)		
12:30							
1:00							
1:30							
2:00						10:00-7:45 Lap Swim (6 lanes available)	10:00-7:45 Lap Swim (6 lanes available)
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	5:15-6:00 Water Aerobics		5:15-6:15 Water Aerobics				
6:00							
6:30							
7:00							
7:30	6:00-9:45 Lap Swim (6 lanes available)		6:15-9:45 Lap Swim (6 lanes available)			Pool Closes at 7:45	Pool Closes at 7:45
8:00							
8:30							
9:00	Pool Closes at 9:45	Pool Closes at 9:45	Pool Closes at 9:45	Pool Closes at 9:45	Pool Closes at 9:45		
9:30							

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Swim Team 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).

Home meets: June 7, June 19, June 21, July 10, July 17
South Pool closes at 4:45 pm on Home meet dates above.