

# NORTH POOL

## Winter 2018-19 Schedule

(effective November 20, 2018)

	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 Fitness</b> Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 <b>Water Fitness</b> Limited Lap Swim (2 lanes available) Diving Board Closed	7:45-10:00 <b>Water Fitness</b> Limited Lap Swim (1 lane available) Diving Board Closed	7:45-10:00 <b>Water Fitness</b> Limited Lap Swim (2 lanes available) Diving Board Closed	7:45-10:00 <b>Water Fitness</b> Limited Lap Swim (1 lane available) Diving Board Closed	8:15-10:00 <b>Water Fitness</b> Limited Lap Swim (2 lanes available) Diving Board Closed	8:00-10:00 <b>Open Swim</b> (3 lanes available) Diving Board Closed
8:30							
9:00							
9:30							
10:00	<i>Adults only before 10:00am Monday-Friday (with the exception of supervised children's programs)</i>						
10:30							
11:00		10:15-12:15 <b>Swim Lessons</b> (2 lanes available)	10:00-12:00 <b>Open Swim</b> (2 lanes available)	10:15-12:15 <b>Swim Lessons</b> (2 lanes available)	10:00-12:00 <b>Open Swim</b> (2 lanes available)		
11:30							
12:00							
12:30	<i>No lifeguards from 12:00-4:00pm Monday-Friday</i>						
1:00							
1:30	10:00-4:00 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:15-4:00 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:00-4:00 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:15-4:00 <b>Open Swim</b> (3 lanes available) Diving Board Closed	12:00-4:00 <b>Open Swim</b> (3 lanes available) Diving Board Closed	10:00-7:45 <b>Open Swim</b> (2 lanes available) Diving Board Open	10:00-7:45 <b>Open Swim</b> (2 lanes available) Diving Board Open
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available) Diving Board Open	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available) Diving Board Open	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available) Diving Board Open	4:30-7:30 <b>Swim Lessons</b> Limited Lap Swim (1 lane available) Diving Board Open	4:00-9:45 <b>Open Swim</b> (1 lane available) Diving Board Open		
5:30							
6:00							
6:30							
7:00						<b>Pool Closes at 7:45</b>	<b>Pool Closes at 7:45</b>
7:30							
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)		<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	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>		

**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 10 & 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 11-15 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

## Winter 2018-19 Schedule

(effective November 20, 2018)

	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							
12:30	10:00-3:10 <b>Lap Swim</b> (6 lanes available)	10:00-3:10 <b>Lap Swim</b> (6 lanes available)	10:00-3:10 <b>Lap Swim</b> (6 lanes available)	10:00-3:10 <b>Lap Swim</b> (6 lanes available)	10:00-3:10 <b>Lap Swim</b> (6 lanes available)		
1:00							
1:30							
2:00							
2:30						10:00-7:45 <b>Lap Swim</b> (6 lanes available)	10:00-7:45 <b>Lap Swim</b> (6 lanes available)
3:00	<i>Central Catholic Swim Team will use South Pool weekdays November 19 - February 15</i>						
3:30	3:10-4:40 <b>CCHS Swim Team</b>	3:10-4:40 <b>CCHS Swim Team</b>	3:10-4:40 <b>CCHS Swim Team</b>	3:10-4:40 <b>CCHS Swim Team</b>	3:10-4:40 <b>CCHS Swim Team</b>		
4:00	Limited Lap Swim (2 lanes available)	Limited Lap Swim (2 lanes available)	Limited Lap Swim (2 lanes available)	Limited Lap Swim (2 lanes available)	Limited Lap Swim (2 lanes available)		
4:30							
5:00							
5:30	5:15-6:00 <b>Water Aerobics</b>		5:15-6:15 <b>Water Aerobics</b>	5:30-6:15 <b>Water Aerobics</b>			
6:00							
6:30							
7:00	6:00-9:45 <b>Lap Swim</b> (6 lanes available)	4:40-9:45 <b>Lap Swim</b> (6 lanes available)	6:15-9:45 <b>Lap Swim</b> (6 lanes available)	6:15-9:45 <b>Lap Swim</b> (6 lanes available)	4:40-9:45 <b>Lap Swim</b> (6 lanes available)	<b>Pool Closes at 7:45</b>	<b>Pool Closes at 7:45</b>
7:30							
8:00							
8:30							
9:00							
9:30	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>	<b>Pool Closes at 9:45</b>		

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