

**Pool Schedule effective Tuesday, September 10<sup>th</sup> to Sunday, September 29<sup>th</sup>**  
**Cyclones practices begin on Tuesday, September 17<sup>th</sup>**

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)
6:00 AM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)
7:00 AM	Lap Swim (4) Aquacise (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Aquacise (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Aquacise (2)
8:00 AM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
9:00 AM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
10:00 AM	Water Boot Camp (3) Lap Swim (3)	Aquacise (3) Lap Swim (3)	Aquacise (3) Lap Swim (3)	Aquacise (3) Lap Swim (3)	Aqua Zumba (3) Lap Swim (3)
11:00 AM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
12:00 PM	Lap Swim (4) Aqua Therapy (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
1:00 PM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
2:00 PM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
3:00 PM	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)
4:00 PM	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)
4:30 PM	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)
5:00 PM	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)
5:30 PM	Lessons (3) Cyclones (3)	Lessons (3) Cyclones (3)	Lessons (3) Cyclones (3)	Lessons (3) Cyclones (3)	Lessons (3) Cyclones (3)
6:00 PM	Cyclones (6)	Cyclones (6)	Cyclones (6)	Cyclones (6)	Cyclones (6)
7:00 PM	Cyclones (6)	Cyclones (6)	Cyclones (6)	Cyclones (6)	Cyclones (6)

	Saturday	Sunday
6:30 AM	Lap Swim (6)	Lap Swim (4) Open Swim (2)
7:00 AM	Cyclones (6)	Lap Swim (4) Open Swim (2)
8:00 AM	Cyclones (6)	Lap Swim (2) Aquacise (2) Lessons (2)
9:00 AM	Lessons (6)	Lessons (6)
10:00 AM	Lessons (6)	Lessons (6)
11:00 AM	Lessons (6)	Lessons (6)
12:00 PM	Lap Swim (3) Lessons (3)	Lap Swim (3) Lessons (3)
1:00 PM	Lap Swim (2) Open Swim (2) Lessons (2)	Lap Swim (2) Open Swim (2) Lessons (2)
2:00 PM	Lap Swim (2) Open Swim (2) Lessons (2)	Lap Swim (4) Open Swim (2)
3:00 PM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
4:00 PM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)

**Pool Schedule effective Monday, September 9<sup>th</sup> to Sunday, September 29<sup>th</sup>**

## Pool Rules & Guidelines

**Please rinse off before entering the pool.**

Showering helps remove sweat, lotions, sunscreen, bacteria and organic matter. This means the chlorine in the pool won't have to work as hard, and more illnesses can be prevented.

- No photos or video to be taken on the pool deck.
- Please refrain from eating on the pool deck.
- Glass bottles are not permitted on the pool deck.
- Please have all children over the age of 5 use the family restroom or the gender appropriate restroom.
  - Please refrain from changing children on the pool deck.
- Children who cannot swim 25 yds without a personal floatation device must be accompanied by an adult in the pool.

**Lifeguards are in charge of the pool at all times**

**Private/Semi-Private Swim lessons may use an Open Swim or Lap Lane if there is no designated Lesson lane at that time.**

Please be advised that if there is a weekend pool party, the schedule may be adjusted.

If you have any questions, please contact the Center at 973-228-7665.