




AQUATIC CENTER SCHEDULE Jefferson Valley

Monday–Friday 5:00AM–10:30PM
Weekends 6:30AM–8:00PM

PROGRAM POOL 84–86°

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30–9:30AM Cardio Splash		8:30–9:30AM Cardio Splash		8:30–9:30AM Cardio Splash	8:30–9:30AM Cardio Splash	
	9:00–10:00AM Cardio Splash	9:30–10:15AM Aqua Zumba	9:00–10:00AM Cardio Splash		9:00AM–2:30PM Swim Lessons	9:00–10:00AM Aqua Zumba
10:15–11:00AM H2O Water Walking  (Rx)		10:15–11:00AM H2O Water Walking  (Rx)		10:15–11:00AM H2O Water Walking  (Rx)		
	10:30AM–12:30PM Swim Lessons					
11:00–11:45AM Physical Therapy			11:00AM–12:00PM PARC	11:30AM–12:30PM Adult Lessons		11:00AM–2:45PM Swim Lessons
				12:30–2:15PM Swim Lessons		
	2:00–2:45PM Physical Therapy		2:00–2:45PM Physical Therapy	2:00–2:45PM Physical Therapy		
4:00–6:30PM Swim Lessons	4:00–6:30PM Swim Lessons	4:00–6:30PM Swim Lessons	4:00–6:00PM Swim Lessons			
	6:30–7:30PM Adult Lessons	6:00–8:00PM Teen Lessons	6:30–7:30PM Adult Lessons			
7:00–8:00PM Cardio Splash						

LAP LANE POOL 79–81°

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–7:00AM Masters Swim Team	5:30–7:00AM Masters Swim Team	5:30–7:00AM Masters Swim Team	5:30–7:00AM Masters Swim Team		7:00–9:00AM Masters Swim Team	
4:30–7:30PM Club Fit JV Swim Team	4:30–7:30PM Club Fit JV Swim Team	4:30–7:30PM Club Fit JV Swim Team	4:30–7:30PM Club Fit JV Swim Team	4:30–7:30PM Club Fit JV Swim Team		
		7:00–8:00PM Deep Water Workout		7:00–9:00PM Boy Scout Merit Badge		



Please limit swim time to 30 minutes when others are waiting.

effective January 24, 2011

FREE SWIM IS AVAILABLE AT ALL TIMES IN THE AQUATICS CENTER

PROGRAM POOL

Safety checks:

Another method to ensure our program pools stay open for everyone's enjoyment. These checks are conducted every hour on the hour at 1:55 or 1:50 depending on the number of people. During this time kids can use the bathroom (highly recommended) or sit quietly until the lifeguard signals you to enter the pool again. Thank you for your cooperation.

During Classes:

If an aquatic class has less than 12 participants, the shallow part of the Program Pool will be available for free swim and a lap lane will be set up for lap swimming.

This lap lane may be used by any Member and for lap instruction given by staff. We ask that you kindly inform current swimmers when you wish to share the lane.

FREE SWIM IS NOT ALLOWED IN THE PROGRAM POOL DURING CLASSES WITH 20 OR MORE PARTICIPANTS.

During these busy periods, Lane 1 of the Lap Pool is available for circle swimming and Lane 2 is available for non-circle swimming. There is a 30-minute time limit when others are waiting.

During Physical Therapy:

A lap lane will be set up in the Program Pool to accommodate Members. Physical Therapy classes are private and must be arranged through the Physical Therapy Department at ext. 1125.

During Group Lessons:

The deep part of the Program Pool will be available during this very busy time. Instructors may need to use nearly half the pool for instruction.

Busy Times:

Our busiest times are weekdays between 4:00PM and 7:00PM. The Aquatics Center is generally less crowded between 11:30AM and 3:00PM, and again after 9:00PM.

LAP POOL

If you wish to do individual aquatic exercise in the Lap Pool, please use Lane 1 (closest to jacuzzi) since it is wider and accommodates more people.

During busy periods, Lane 2 of the Lap Pool is available for circle swimming and Lane 3 is available for non-circle swimming. There is a 30-minute time limit when others are waiting.

Lane 1 of the Lap Pool will be used during courses for practical instruction.

Masters: The Masters Swim Team uses four lanes, however, members are welcome to use lane 1, which at 5:30am becomes a circle swim lane.

Swim Team: The Club Fit JV Swim Team will use 2 lanes during the long swim season. During Spring & Summer we'll do our best to use 1 lane, but based on the number of swimmers may need 2 lanes. Season runs Sept - August 2011.

Pool Roof or Doors Will Be Open:

- when chemicals are added to the pools;
- to temporarily air out Aquatics Center;
- when it's 50° or warmer all day.

Waterfall Can Be Turned On:

- upon request;
- during Open Swim;
- when aquatic classes, lessons or courses are **not** scheduled.

Children 10 and Under:

Must be accompanied by an adult in the Aquatics Center. Children that require a flotation device **must** have a parent in the pool with them—**no exceptions**.

Children Under 14:

Must be evaluated before using the Lap Pool. Evaluations will be kept on file with the Aquatics Department.

Rinsing showers:

Are required prior to entering either of the pools or jacuzzi. This is a health department rule.

Lessons & Clinics:

Require pre-registration and fees. Please check the flyer rack for details.

**ALL RULES SUBJECT TO CHANGE
AT THE DISCRETION OF THE
AQUATICS MANAGER.**

**PLEASE ASK A LIFEGUARD IF YOU
ARE UNSURE ABOUT HOW BEST TO
ENJOY OUR AQUATIC CENTER.**

Questions? Contact ext. 1140

