



AQUATIC AREA EXPECTATIONS

- ▶ The Aquatic Area is an adult only (16 & up) area. Please follow the Children's Access Policy.
- ▶ Please note that the Aquatic area will close 15 minutes before facility closing time.
- ▶ Some sections of the aquatic area will be available on a first come, first served basis.
- ▶ For your safety, the aquatic area will close during electrical storms and remain closed for 30 minutes from the last indication of severe weather.

Hours of operation:

Monday – Thursday	5:30am – 9:15pm
Friday	5:30am – 8:45pm
Saturday	6:00am – 2:45pm
Sunday	8:00am – 2:45pm

BEFORE YOU SWIM

- Do not swim when ill with diarrhea.
- Do not swim with open wounds and sores.
- Shower before entering the water.
- Check your child's swim diapers/rubber pants before entering pool and recheck regularly.
- Diaper changing on the deck is prohibited.
- Do not defecate or urinate in the water.
- Do not swallow or spit water.
- Wear proper swim attire. No cut-off shorts, please.

POOL RULES

- SWIM AT YOUR OWN RISK
- NO DIVING
- Breath holding activities are not permitted for safety reasons
- Use caution on wet surfaces
- The lifeguard may prohibit any behavior deemed unsafe or disruptive
- Do not enter the pool immediately after eating
- No glass in the aquatic area
- No food or chewing gum in aquatic area
- Use PWC equipment as intended
- Contact the lifeguard if you need assistance
- Bather capacity: 84

LAP SWIMMING

- Due to the interest in lap swimming, please limit your use of the lap lane to 30 minutes. Please ask the lifeguard if there are waiting swimmers at the end of your time to determine if you can extend your usage.
- If both lap lanes are in use, please check with the lifeguard who will inform you of the approximate wait time and put your name on the waitlist for the next available lane.
- There are swimming lessons and fitness classes that are held in the lap lanes. Please see the current Aquatic Fitness schedule for days and times when the lap lanes are in use.

RIVER ETIQUETTE

In order to provide an enjoyable water walking experience for all levels of swimmers, please abide by the following guidelines:

- Walk on the right
- Pass to the left
- Please do not block the entire width of the river
- Swimmers can utilize the river during scheduled River Swimming times

While water walkers have priority in the river, lifeguards will use their discretion to try to accommodate reasonable swimming requests while keeping the safety of the patrons first and foremost. Continuous swimming for fitness works best during the scheduled River Swimming times (please see the current Aquatic Fitness schedule).

For your safety, it is recommended that when using multiple heated therapy areas, you cool down between each.

HOT TUB RULES

- Children under 16 years of age will not be permitted in the Hot Tub
- If you are pregnant or have heart disease, kidney disease or other medical conditions that might be adversely affected by high heat, do not use the Hot Tub without first consulting a doctor
- Cool down after exercising before using the Hot Tub
- It is recommended that use of the Hot Tub be limited to 10-15 minutes
- Extended use of Hot Tub can increase risk of hyperthermia
- Water temperature is maintained around 102 degrees F
- Bather capacity: 11

STEAM ROOM RULES

- Children under 18 years of age will not be permitted in the Steam Room
- If you are pregnant or have heart disease, kidney disease or other medical conditions that might be adversely affected by high heat, do not use the Steam Room without first consulting a doctor
- Cool down after exercising before using the Steam Room
- It is recommended that use of the Steam Room be limited to 10-15 minutes
- Extended use of Steam Room can increase risk of hyperthermia
- Steam Room temperature is maintained around 110 degrees F
- Steam Room capacity: 6

SAUNA RULES (located in the Men's and Women's locker rooms)

- Children under 18 years of age will not be permitted in the Sauna
- If you are pregnant or have heart disease, kidney disease or other medical conditions that might be adversely affected by high heat, do not use the Sauna without first consulting a doctor
- Cool down after exercising before using the Sauna
- It is recommended that use of the Sauna be limited to 10-15 minutes
- Extended use of sauna can increase risk of hyperthermia
- Sauna temperature is maintained around 165 degrees F; please do not touch the heater
- Do not add water to the heater
- Sauna capacity: 5

FAMILY SWIM

Tuesday & Friday	6:00pm – 8:00pm
Saturday	12:00pm – 2:00pm
Sunday	10:00am – 12:00pm

FAMILY SWIM RULES

- No running
- Activities that could be harmful to swimmers like dunking & horseplay will not be tolerated.
- Infants and toddlers are required to wear a swim diaper when using any of the pools.
- Parents must be within arm's reach of children using flotation devices.
- All flotation devices must be USCG approved.
- Children under the age of 9 must be supervised by an adult (18 or older) who is keeping the child in their line of sight.
- Children ages 9 to 15 must be supervised by an adult (18 or older) who is in the Aquatic Area.
- Pool items brought from home may be removed at the discretion of the aquatic staff if deemed unsafe, unserviceable, or if it otherwise interferes with the safety and comfort of other patrons.