

POOL & AQUATICS SCHEDULE

Jan 1, 2017 - June 2, 2017



LAP POOL

MON	TUE	WED	THU	FRI	SAT	SUN
Lap Swim (4 Lanes) 4:30 a.m. - 6:30 p.m.	Lap Swim (4 Lanes) 4:30 a.m. - 11:30 a.m.	Lap Swim (4 Lanes) 4:30 a.m. - 6:30 p.m.	Lap Swim (4 Lanes) 4:30 a.m. - 11:30 a.m.	Lap Swim (4 Lanes) 4:30 a.m. - 8:30 p.m.	Lap Swim (4 Lanes) 6:00 a.m. - 11:40 a.m.	Lap Swim (4 Lanes) 6:00 a.m. - 5:30 p.m.
Lap Swim (2 Lanes) 6:30 p.m. - 7:30 p.m.	Masters Swim (2 Lane) 11:30 a.m. - 12:30 p.m.	Lap Swim (2 Lanes) 6:30 p.m. - 7:30 p.m.	Masters Swim (2 Lane) 11:30 a.m. - 12:30 p.m.		Swim Club (1 Lane) 11:45 a.m. - 12:25 p.m.	
Masters (2 Lanes) 6:30 p.m. - 7:30 p.m.	Lap Swim (2 Lanes) 11:30 a.m. - 12:30 p.m.	Masters (2 Lanes) 6:30 p.m. - 7:30 p.m.	Lap Swim (2 Lanes) 11:30 a.m. - 12:30 p.m.		Lap Swim (3 Lanes) 11:45 a.m. - 12:25 p.m.	
Swim Club (1 Lanes) 7:30 p.m. - 8:15 p.m.	Lap Swim (4 lanes) 12:30 p.m. - 6:30 p.m.	Swim Club (1 Lanes) 7:30 p.m. - 8:15 p.m.	Lap Swim (4 lanes) 12:30 p.m. - 6:30 p.m.		Lap Swim (4 Lanes) 12:30 p.m. - 5:30 p.m.	
Lap Swim (3 Lanes) 7:30 p.m. - 8:15 p.m.	Swim Club (1 Lane) 6:30 p.m. - 7:15 p.m.	Lap Swim (3 Lanes) 7:30 p.m. - 8:15 p.m.	Swim Club (1 Lane) 6:30 p.m. - 7:15 p.m.			
Lap Swim (4 lanes) 8:15 p.m. - 10:30 p.m.	Lap Swim (3 Lanes) 6:30 p.m. - 7:15 p.m.	Lap Swim (4 lanes) 8:15 p.m. - 10:30 p.m.	Lap Swim (3 Lanes) 6:30 p.m. - 7:15 p.m.			
	Lap Swim (4 Lanes) 7:15 p.m. - 10:30 p.m.		Lap Swim (4 Lanes) 7:15 p.m. - 10:30 p.m.			

MULTIPURPOSE

MON	TUE	WED	THU	FRI	SAT	SUN
Adult Swim 4:30 a.m. - 8:55 a.m.	Adult Swim 4:30 a.m. - 2:30 p.m.	Adult Swim 4:30 a.m. - 8:55 a.m.	Adult Swim 4:30 a.m. - 2:30 p.m.	Adult Swim 4:30 a.m. - 8:55 a.m.	Adult Swim 6:00 a.m. - 8:55 a.m.	Adult Swim 6:00 a.m. - 8:55 a.m.
Aqua Class* 9:00 a.m. - 9:55 a.m.	Family Free Swim 2:30 p.m. - 3:40 p.m.	Aqua Class* 9:00 a.m. - 9:55 a.m.	Family Free Swim 2:30 p.m. - 3:40 p.m.	Aqua Class* 9:00 a.m. - 9:55 a.m.	Aqua Class* 9:00 a.m. - 9:55 a.m.	Aqua Class* 9:00 a.m. - 9:55 a.m.
Adult Swim 10:00 a.m. - 2:25 p.m.	Swim Lessons* 3:45 p.m. - 5:25 p.m.	Adult Swim 10:00 a.m. - 2:25 p.m.	Swim Lessons* 3:45 p.m. - 5:25 p.m.	Adult Swim 10:00 a.m. - 2:30 p.m.	Swim Lessons* 10:00 a.m. - 12:30 p.m.	Adult Swim 10:00 a.m. - 12:30 p.m.
Family Free Swim 2:30 p.m. - 4:00p.m.	Aqua Class* 5:30 p.m. - 6:25 p.m.	Family Free Swim 2:30 p.m. - 4:00p.m.	Aqua Class* 5:30 p.m. - 6:25 p.m.	Family Free Swim 2:30 p.m. - 8:30 p.m.	Family Free Swim 12:30 p.m. - 5:30 p.m.	Family Free Swim 12:30 p.m. - 5:30 p.m.
Swim Lessons* 4:15 p.m. - 6:25 p.m.	Swim Lessons* 6:30 p.m. - 7:15p.m.	Swim Lessons* 4:15 p.m. - 6:25 p.m.	Swim Lessons* 6:30 p.m. - 7:15p.m.			
Aqua Class* 6:30 p.m. - 7:25 p.m.	Family Free Swim 6:30 p.m. - 8:30 p.m.	Aqua Class* 6:30 p.m. - 7:25 p.m.	Family Free Swim 6:30 p.m. - 8:30 p.m.			
Swim Lessons* 7:30 p.m. - 8:15 p.m.	Adult Swim 8:30 p.m. - 10:30 p.m.	Swim Lessons* 7:30 p.m. - 8:15 p.m.	Adult Swim 8:30 p.m. - 10:30 p.m.			
Family Free Swim 7:30 p.m. - 8:30p.m.		Family Free Swim 7:30 p.m. - 8:30p.m.				
Adult Swim 8:30 p.m. - 10:30 p.m.		Adult Swim 8:30 p.m. - 10:30 p.m.				

THERAPY

MON	TUE	WED	THU	FRI	SAT	SUN
Adult Swim 4:30 a.m. - 12:55 p.m.	Adult Swim 4:30 a.m. - 9:55 a.m.	Adult Swim 4:30 a.m. - 12:55 p.m.	Adult Swim 4:30 a.m. - 9:55 a.m.	Adult Swim 4:30 a.m. - 12:55 p.m.	Adult Swim 6:00 a.m. - 8:55 a.m.	Adult Swim 6:00 a.m. - 5:30 p.m.
Therapy Center* 1:00 p.m. - 2:30 p.m.	Aqua Arthritis* 10:00 a.m. - 10:55 a.m.	Therapy Center* 1:00 p.m. - 2:30 p.m.	Aqua Arthritis * 10:00 a.m. - 10:55 a.m.	Therapy Center* 1:00 p.m. - 2:30 p.m.	Swim Lessons* 9:00 a.m. - 10:15 a.m.	
Adult Swim 2:30 p.m. - 10:30 p.m.	Adult Swim 11:00 a.m. - 12:55 p.m.	Adult Swim 2:30 p.m. - 10:30 p.m.	Adult Swim 11:00 a.m. - 12:55 p.m.	Adult Swim 2:30 p.m. - 9:00 p.m.	Adult Swim 10:15 a.m. - 5:30 p.m.	
	Therapy Center* 1:00 p.m. - 4:30 p.m.		Therapy Center* 1:00 p.m. - 4:30 p.m.			
	Adult Swim 4:30 p.m. - 10:30 p.m.		Adult Swim 4:30 p.m. - 10:30 p.m.			

*Pool limited to this activity only

POOL & AQUATICS POLICIES

January 1, 2017–June 2, 2017

GENERAL POOL RULES

Lifeguards: Lifeguards are not on duty outside of swim lesson programming and family swim times.

No Photography: Video and photography are not permitted by members and guests.

No Private Coaching: Coaching or instruction by non HealthSpring Fitness staff is not permitted.

Safety First: Lifeguards and Staff have the authority to stop any activity that is deemed unsafe. Please abide by their request.

Shower First: Please shower before using the pools.

Watch Your Children: Parents and guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of emergency.

Swim Check: Children who have not passed our swim check must swim within arm's reach of a parent/guardian at all times. Adult must be in the water with the child.

Children ages 1-13 must pass a swim check of 25 yards of any front stroke, be able to tread water for one minute, and be able to jump into the pool and recover.

All children under 15 must have an adult actively supervising them on the pool deck.

Wrist Bands: All non-swimmers will wear an orange wrist band while swimming in the pools.

Swim Diapers: Children who are not toilet trained or who are under the age of 3 must wear swim diapers.

Two-to-One Ratio: Parents may supervise three non-swimmers. Non-swimmers are those who have not passed the swim check. Parents must be swimming with the non-swimmer.

Flotation Devices: All personal flotation devices must be U.S. Coast Guard approved. (Water wings, float swim suits, water rings, etc., are not permitted.)

Personal Pool Equipment: All pool toys, hand paddles and other equipment must be approved by a lifeguard or a HealthSpring staff member before you begin swimming.

Pool Equipment: HealthSpring equipment such as kickboards, swim lesson equipment and aqua aerobics devices are not available during recreational swimming and are only to be used for swim lessons. Aqua aerobic float belts are not to be used for lap swim.

SPA RULES

Therapy Pool Age Limit: 16 years of age and up.

Spa Rules: Keep your head above water in the spa.

Age Limit: For health and safety, youth under 16 are not permitted in the spa area.

Safe Time Limit: For your safety, limit your spa time to five minutes.

Hot: Exposure to hot water may be detrimental to the health of people who are elderly, pregnant or who have heart conditions, diabetes or high or low blood pressure.

PROGRAM DESCRIPTIONS

***Pool limited to this activity only**

Aqua Class*: Aqua fitness classes includes: Aqua Aerobics, Aqua Yoga and Aqua Zumba. Please refer to the Group Exercise schedule for a comprehensive list of classes.

Aqua Arthritis*: A class designed to be safe and effective for people who have arthritis. *Will begin in September.*

Therapy Center*: For NorthBay Healthcare physical therapy purposes.

Adult Swim: For adult, 16 years on older, use only.

Family Free Swim: For anyone who wants to spend the day in the pool.

Lap Swim: Lap swim time for personal fitness purposes. 13 years of age and older.

LAP SWIM ETIQUETTE

First Time: If it's your first time at our pool, please ask a staff member for an introduction to our lap swim protocol.

Age: Lap swimmers must be at least age 13, must pass our swim check, be able to swim 50 yards continuously, follow all lap swim etiquette and have adult supervision.

Circle Swim: Speak with all swimmers in your lane prior to entering. Lanes are divided by swimming speed. Circle swim is preferred. Swim counter-clockwise and as far to the right as possible.

Passing: To pass, lightly tap a swimmer's foot or shoulder and pass at the wall, never at mid-lane. Allow faster swimmers to pass.

Speed: Please switch lanes to accommodate flow or speed of the lane. Please select the appropriate lane for your speed.

Aqua aerobic float belts are not allowed for lap swim.

Not Allowed: Inappropriate behavior, controlled substances, and harassment are not permitted. Smoking, eating and glass containers are not permitted on the pool deck.

Do not run, dive, back dive, twist, flip or horseplay in or around the pool. Do not hang on lane lines, ladders or railings.

Clothing: Please use restroom facilities when changing.

Swimwear must be made from nylon or polyester. No cotton wear is permitted.

Long Hair: If you have long hair, tie it back or wear a swim cap.

Scuba: Scuba activity may not be done at any time.

Masters Swim: An adult coached work out for the intermediate to advanced swimmer.

Swim Club: Swim team preparation swim lesson level.

Swim Lessons*: Youth and adult swim lessons.

POOL HOURS

Mon–Thu 4:30 a.m. – 10:30 p.m.
Fri 4:30 a.m. – 8:30 p.m.
Sat–Sun 6:00 a.m. – 5:30 p.m.

FACILITY HOURS

Mon–Thu 4:30 a.m. – 11:00 p.m.
Fri 4:30 a.m. – 9:00 p.m.
Sat–Sun 6:00 a.m. – 6:00 p.m.

KIDS CLUB HOURS

Mon–Fri 8:30 a.m. – 12:30 p.m.
3:30 p.m. – 8:30 p.m.
Sat–Sun 8:30 a.m. – 12:30 p.m.

