

INDOOR POOL SCHEDULE

Effective December 26, 2023

Lap Lanes Available M-F 5:30AM to 1PM & 2:30PM to 9PM, Sat. & Sun. 7AM to 3PM
(RESERVATION REQUIRED)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM								
6:30 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM						Cardio Jam 9:30 -10:30am Abby	Aqua Zumba 9 - 10am Anita	
9:30 AM	Cardio Jam 9:30- 10:30am Pam Zicca	Cardio Jam 9:30-10:30am Michele	Cardio Jam 9:30-10:30am Jeannine B	Rhythmic Toning 9:30 - 10:30 am Yoshimi A	Cardio Jam 9:30 - 10:30am Jeannine B			
10:00 AM							Youth Swim Lessons 10am-1:15pm	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM	CLOSED 1:00 PM THROUGH 2:30 PM							
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM							CLOSED AT 3PM	
3:30 PM								
4:00 PM		Youth Swim Lessons 4-6:15pm	Youth Swim Lessons 4-6:15pm	Youth Swim Lessons 4-6pm		CLOSED AT 4PM		
4:30 PM								
5:00 PM	Swim Lessons							Youth Swim Lessons
5:30 PM	4:45-6:30pm							5-7pm
6:00 PM								
6:30 PM		Cardio Wave 6:30-7:30pm Stephanie		Cardio Wave 6:30-7:30pm Anita				
7:00 PM								
7:30 PM								
8:00 PM								
9:00PM	POOL CLOSE AT 9:00PM							



INDOOR POOL & SPA RULES

GENERAL RULES FOR ALL POOLS:

1. **PROPER SWIM ATTIRE IS REQUIRED TO ENTER ALL POOLS (NO JEANS, SWEATS, UNDERWEAR, ETC)**
2. **SWIMMERS MUST RESERVE LANE TIME IN ADVANCE.**
3. **ALL MEMBER AND GUESTS MUST CHECK IN WITH THE LIFEGUARD.**
4. **NO SHOES ARE ALLOWED ON THE POOL DECK (SANDALS, FLIP-FLOPS, CROCS ONLY).**
5. **NO JUMPING OR DIVING (UNLESS UNDER THE SUPERVISION OF AN INSTRUCTOR).**
6. **NO RUNNING, ROUGH PLAY, THROWING, PUSHING, OR ANY OTHER INAPPROPRIATE BEHAVIOR.**
7. **NO CHANGING ON DECK. PLEASE USE THE LOCKER ROOMS OR CHANGING ROOMS.**
8. **PREMIER ATHLETIC CLUB IS NOT RESPONSIBLE FOR LOST, STOLEN, OR DAMAGED ITEMS.**
9. **MEMBERS AND GUESTS MUST TAKE A SOAP SHOWER, BEFORE ENTERING THE POOL / SPA.**
10. **NO FOOD OR BEVERAGE, OTHER THAN WATER, IS ALLOWED IN THE POOL AREA.**
11. **PLEASE WEAR A SWIM CAP. LONG HAIR MUST AT LEAST BE TIED UP.**
12. **NO STROLLERS ALLOWED IN THE POOL AREA.**
13. **NO INFLATABLE TOYS (INNERTUBES, RAFTS, BALLS, ETC).**
14. **NO SWIMMING UNDER THE INFLUENCE OF DRUGS OR ALCOHOL.**
15. **THE POOLS MAY BE TEMPORARILY CLOSED DURING OPERATING HOURS FOR MAINTENANCE AND CLEANING.**
16. **PARENTS MUST KEEP ALL YOUNG CHILDREN UNDER CLOSE SUPERVISION AND AVOID DISTRACTIONS.**
17. **CHILDREN, 5 YEARS AND UNDER, MUST REMAIN WITHIN ARMS-REACH AT ALL TIMES.**
18. **CERTAIN EQUIPMENT ON DECK IS FOR ADULT WATER FITNESS USE ONLY.**
19. **IN THE EVENT OF THUNDER AND LIGHTNING, THE POOL AREA MUST BE EVACUATED.**
20. **EXPECTORATING SALIVA, MUCOUS, BLOOD, URINE OR FECAL MATTER IS PROHIBITED BY LAW.**
21. **UNCOOPERATIVE MEMBERS OR GUESTS MAY BE ASKED TO LEAVE THE POOL AREA AND RISK SUSPENSION OF MEMBERSHIP PRIVILEGES IF THEY DO NOT COMPLY.**

LAP POOL:

1. **LIFEGUARDS ARE RESPONSIBLE FOR REGULATING THE SWIM LANES.**
2. **THE LAP POOL IS FOR SWIMMING LAPS, AQUA JOGGING, AND TRAINING ONLY.**
3. **CHILDREN UNDER 14 ARE NOT PERMITTED IN THE LAP POOL (UNLESS UNDER THE SUPERVISION OF AN INSTRUCTOR DURING SCHEDULED PROGRAMMING).**
4. **THE LAP POOL MAY BE RESTRICTED DURING SCHEDULED PROGRAMMING.**

RECREATION POOL:

1. **DURING CLASSES OR RECREATION, THE CAPACITY OF SWIMMERS MAY BE LIMITED.**
2. **ANY CHILD WEARING A LIFE VEST OR FLOATIES MUST BE ACCOMPANIED BY A PARENT IN THE WATER.**
3. **TODDLERS MUST WEAR SWIM DIAPERS (NO REGULAR DIAPERS ALLOWED).**
4. **INFANTS, UNDER SIX MONTHS OF AGE, ARE NOT PERMITTED IN THE WATER.**
5. **LIFEGUARDS MAY ADMINISTER A DEEP WATER TEST AT ANY TIME, AT THEIR DISCRETION.**
6. **CHILDREN, UNDER TWELVE, MUST BE ACCOMPANIED BY AN ADULT.**
7. **CHILDREN, UNDER SIX, MUST BE ACCOMPANIED IN THE WATER UNLESS THEY CAN SWIM PROFICIENTLY**

JACUZZI/SPA:

1. **CHILDREN UNDER 14 ARE NOT PERMITTED IN AND AROUND SPA.**
2. **LIMIT USE OF SPA TO NO MORE THAN 15 MINUTES.**
3. **DO NOT USE THE SPA IF YOU ARE EXPERIENCING DIZZINESS, FATIGUE OR DIFFICULTLY BREATHING.**