

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							CLOSED AT 4PM
4:00 PM		Youth Swim Lessons 4-6:15pm	Youth Swim Lessons 4-6:15pm	Youth Swim Lessons 4-6pm			
4:30 PM							
5:00 PM	Swim Lessons 4:45-6:30pm				Youth Swim Lessons 5-7pm		
5:30 PM							
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.