

Indoor Pool Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Cardio Jam Jeannine	Cardio Jam Michele	Cardio Jam Pam	Rhythmic Toning Yoshimi	Cardio Jam Jeannine	Cardio Jam Abby	Aqua Zumba Anita
10:00 AM							Youth Swim Lessons 10:30 AM - 1:15 PM
11:00 AM							
12:00 PM							
1:00 PM	CLOSED 1:00 PM - 2:30 PM						
2:00 PM							
3:00 PM							
4:00 PM		Youth Swim Lessons 4:30 PM - 6:15 PM	Youth Swim Lessons 4:30 PM - 6:15 PM	Youth Swim Lessons 4:30 PM - 6:15 PM		C l o s e d	C l o s e d
5:00 PM	Rec Pool Rental 5:00 PM - 6:30 PM				Rec Pool Rental 5:00 PM - 7:00 PM		
6:00 PM		Cardio Wave Stephanie		Cardio Wave Anita			
7:00 PM							
8:00 PM							
9:00 PM	Closed						



Effective 9/1/2024

Availability may change

Reservation required for lap lanes



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 REGUALR 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.**