



McDonald Family Deep Pool

POOL & WATER EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-6am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Opens @6:30am: Open Swim	
6am-7am		Power Pool 5:45am-6:30am		Power Pool 5:45am-6:30am	Power Pool 5:45am-6:30am		
7am-8am	Power Pool 7am-7:45am	Open Swim	Power Pool 7am-7:45am	Open Swim	Power Pool 7am-7:45am		
8am-9am	Power Pool 8am-8:45am		Power Pool 8am-8:45am		Power Pool 8am-8:45am		
9am-10am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim	Swim Lessons	Opens @10am: Open Swim
10am-11am							
11am-12pm	Water Wellness 11am -11:45am	Open Swim and Camp Lessons	Water Wellness 11am -11:45am	Open Swim	Water Wellness 11am -11:45am		
12pm-1pm	Open Swim and Camp Lessons		Open Swim		Open Swim and Camp Lessons		
1pm-2pm							
2pm-3pm							
3pm-4pm	Open Swim and Camp Lessons	Open Swim and Camp Lessons			Open Swim and Camp Lessons	Open Swim	
4pm-5pm						Open Swim	
5pm-6pm	Swim Lessons	Swim Lessons Open Swim	Swim Lessons	Swim Lessons Open Swim	Make up swim lessons		
	Power Pool 5:30pm-6:15pm		Power Pool 5:30pm-6:15pm		Power Pool 5:30pm-6:15pm		
6pm-7pm	Swim Lessons		Swim Lessons		Swim Lessons		Open Swim
7pm-8pm							
8pm-9pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		

Descriptions of Water Exercise classes

Power Pool	Intermediate to Advanced. This class offers a high intensity, varied water workout with many different benefits for all parts of the body. It is a low joint impact class in the deep pool with float belts. Power Pool offers as much cardio as you want, this class involves intervals of all different types and is accomodating for all different aches and pains. * Deep end preffered but may use shallow end.
Water Wellness	Beginner to Intermediate. This class uses a variety of exercises including stretching, intervals and balance to raise the heart rate for an optimal workout.

***All classes can be modified to any fitness level, unless otherwise noted.**

Pool Rules and Regulations

- * You must obey the lifeguards at all times.
- * No swimming unless there is a lifeguard on deck.
- * For health reasons you must shower before entering the pools or hot tub.
- * All children under 12 must have an adult 18 or older in the pool area at all times.
- * All children under 12 must take the swim test for recreational swimming.
- * If a child does not pass the swim test, an adult 18 or older must be in the pool.
- * All children who do not pass the swim test must wear a lifejacket and be with an adult 18 or older.
- * All children who pass the swim test must have an adult 18 or older in the pool area.
All children who do not pass the swim test must wear a lifejacket or be within arms reach of an adult 18 or older. The adult * must be in the pool with the child either way.
- * You must be 12 or older to enter the hot tub.
- * No gum allowed in the pool.
- * No band-aids allowed in the pool.
- * No glass bottles or food allowed in the pool area.
- * No diving in the shallow end
- * Diving is allowed from the deepest end of the deep pool, ONLY. Diving from pool side is not allowed.
- * No back dives or flips.
- * No jumping in backwards or twisting.
- * No leaning back while jumping of any kind.
- * No horse play allowed, keep your hands to yourself.
- * Do not push or hold others under water.
- * No hanging onto other people's backs.
- * No throwing other people in the air.
- * No slapping the noodles or kickboards on the water.
- * No throwing balls at other people.
- * No yelling, screaming, or inappropriate language.
- * No inappropriate behavior (Public Display of Affection).
- * No running.
- * No playing on the ladders or stairs.
- * No open sores or infectious diseases (ringworm, athlete's foot, pink eye, etc.) allowed in the pool.
- * No outside toys or floatation devices other than a coast guard approved life jacket.
- * Swim suits are required- no cut off jeans or other casual wear.
- * No floating swim suits.
- * Marshmallows are a teaching aid only.
- * Report any injuries to the lifeguard immediately.
- * We recommend that you *do not* use face masks.
- * When playing with basketball hoop you must stay in water, no deck basketball allowed.
- * Water Exercise equipment is for Water Exercise only, it is not to be used during open swim.
- * Face masks are not allowed during swim lessons.
- * Drains must be visible from guard chair for pool operation.

***If you fail to abide by these rules and regulations, you may be asked to leave.**