



Kroehler Large Pool Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 4 - December 23, 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|---|
| 5:00-9:00am Adult Lap Swim | | | | | 5:00-6:00a Closed | Revised 8/23/18 |
| | | | | | 6:00-9:00am Lap Swim | |
| 9:00a-11:00a Lap Swim & Specialty Classes | 9:00a-11:00a Lap Swim & Specialty Classes | 9:00a-11:00a Lap Swim & Specialty Classes | 9:00a-11:00a Lap Swim & Specialty Classes | 9:00a-11:00a Lap Swim & Specialty Classes | 9:00-11:15am Swim Lessons & Adult Lap Swim | |
| 11:00a-4:00p Open Swim & Lap Swim | 11:00a-5:00p Open Swim & Lap Swim | 11:00a-4:00p Open Swim & Lap Swim | 11:00a-5:00p Open Swim & Lap Swim | 11:00a-4:00p Open Swim & Lap Swim | 11:15a-5:30p Open Swim & Lap Swim & Specialty Classes | 12:00-1:30p Swim Lessons & Adult Lap Swim |
| 4:00-7:00pm Swim Lessons & Swim Team & Adult Lap Swim | 5:00-7:00pm Swim Lessons & Swim Team & Adult Lap Swim | 4:00-7:00pm Swim Team & Adult Lap Swim | 5:00-7:00pm Swim Lessons & Swim Team & Adult Lap Swim | 4:00-7:00pm Swim Team & Adult Lap Swim | | 1:30-5:30pm Open Swim & Lap Swim & Specialty Classes |
| 7:00-8:00pm Open Swim & Lap Swim & Swim Team | 7:00-8:00pm Open Swim & Lap Swim & Swim Team | 7:00-8:00pm Open Swim & Lap Swim & Swim Team | 7:00-8:00pm Open Swim & Lap Swim & Swim Team | 7:00-8:00pm Open Swim & Lap Swim & Swim Team | Closed | Closed |
| 8:00-9:00p Adult Lap Swim & Swim Team | | | | | | |

Schedules are subject to change.
Daily changes without notice are possible, although we will make every effort to inform members when possible.

Familiarize yourself with ALL pool rules and regulations posted in the pool area.

Please remember our lifeguard staff is here for your safety and to help prevent accidents. Please respect their responsibility and abide by any additional instructions provided.

PROGRAM DEFINITIONS

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| LAP SWIM | • All swimmers must swim laps during lap swim. • At times when swim lessons or swim team is in the pool, lap lanes will be reserved for adults only. (ages 15 & up) • Please note there is no Lap Swim Tues & Thurs 4-6pm. • All swimmers under 16 must follow the swim test guidelines. • Swimmers should choose lap lanes based on speed determination signs. When more than 2 swimmers are in a lane, swimmers should swim in a circular pattern (staying on the right at all times). |
| FAMILY SWIM | Children Under 18 years old must be accompanied by an adult in the pool area. |
| OPEN SWIM | Please refer to Deep Water Swim Tests and Pool Supervision guidelines. Children who are not toilet trained must wear rubber pants and a swim suit. |
| SWIM LESSONS | Group and Individual Lessons are available for members and community participants beginning at 6 months for an additional fee, members receive preferred pricing and early registration. Refer to our website or program catalog for schedules and pricing. |
| SPECIALTY CLASSES | Refer to the Water Fitness Schedule (on website or at front desk) for all available water fitness classes and descriptions. |

DEEP WATER SWIM TEST & POOL SUPERVISION GUIDELINES FOR CHILDREN

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| DEEP WATER SWIM TEST GUIDELINES | For the safety of our members and guests, all children under the age of 16 must successfully pass a deep water swim test before they are allowed to swim in deep water. Children that do not pass the swim test are not allowed in the deep end of the pool (even when accompanied by a caregiver). They must always be within arm's length of an actively involved caregiver who is in the water with the child or be wearing a properly fitted US Coast Guard-approved lifejacket. If the child can stand with their entire head and chin out of the water at any spot of the shallow area, a floatation device or caregiver involvement is not required. |
| SWIM TEST FREQUENCY | Swim tests will be administered the first time a child visits the pool and records will be kept on file for one calendar year. Prior to entering the water (for open OR lap swim), all children under the age of 16 will need to check in with the front desk for a wristband. If lifeguards are concerned about swimming ability, additional testing will be administered. |
| SWIM TEST TIMES | Swim testing is available during all "Open Swim" times, if all on-duty lifeguards are not engaged in pool surveillance. If all lifeguards are engaged in pool surveillance, non-swim tested children will need to remain in shallow water and follow rules for children unable to pass the swim test. |
| SWIM TEST DESCRIPTION | The deep water swim test includes: 25 yard swim with a 30 second period of treading water mid-pool. Test should be done shallow to deep, no touching the sides, walls, bottoms, or anyone else. |
| POOL SUPERVISION REQUIREMENTS FOR CHILDREN | Ages 7 and under Must have an actively engaged adult in the water within arm's reach at all times, regardless of swimming ability or presence of a lifejacket. |
| | Ages 8-10 Must have a designated caregiver supervising in the pool area. Beginner swimmers, unable to pass the swim test, must have an actively engaged adult within arm's reach at all times. |
| | Ages 11-16 May be in the pool area without a supervising adult, but must follow the swim test guidelines outlined above. |