



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER POOL SCHEDULE: Jan. 2 – Feb. 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Swim</b> 6:00 – 8:40am 11:00am – 3:25pm 7:35 – 9:45pm	<b>Lap Swim</b> 6:00 – 8:40am 11:00am – 3:25pm 7:15- 9:45pm	<b>Lap Swim</b> 6:00 – 8:40am 11:00 am – 3:25 pm 7:15 – 9:45 pm	<b>Lap Swim</b> 6:00 – 8:40am 11:00am – 3:25pm 7:15 – 9:45pm	<b>Lap Swim</b> 6:00 – 8:40am 12:05 – 3:25pm 7:15 – 9:45pm	<b>Lap Swim</b> 7:00 – 8:55am (2) 1:00 – 2:55pm 3:00 – 6:00pm (1) 6:05 – 7:45pm	<b>Lap Swim</b> 7:00 – 9:55am 10:00am – 1:00pm (1) 1:05 – 1:55pm 5:45 – 7:45pm
<b>Aqua Fitness</b> 8:45 – 9:45am 6:30 – 7:30pm	<b>Aqua Fitness</b> 8:45 – 9:45am	<b>Aqua Fitness</b> 8:45 – 9:45am	<b>Aqua Dance</b> 8:45 – 9:45am	<b>Aqua Fitness</b> 8:45 – 9:45am		
<b>Arthritis Arthritis</b> 9:55 – 10:55am	<b>Arthritis Arthritis</b> 9:55 – 10:55am	<b>Arthritis Arthritis</b> 9:55 – 10:55am	<b>Arthritis Arthritis</b> 9:55 – 10:55am	<b>Arthritis Arthritis</b> 9:55 – 10:55am		
				<b>Aqua Bootcamp</b> 11:00am – 12:00pm		
<b>Swim Academy</b> 10:15 – 11:40am 3:30 – 7:10pm	<b>Swim Academy</b> 10:15 – 11:40am 3:30 – 7:10pm	<b>Swim Academy</b> 10:15 – 11:40am 3:30 – 7:10pm	<b>Swim Academy</b> 10:15 – 11:40am 3:30 – 7:10pm	<b>Swim Academy</b> 10:15am – 12:15pm 3:30 – 7:10pm	<b>Swim Academy</b> 7:10am – 1:30pm	<b>Swim Academy</b> 2:00 – 5:40pm
<b>Family Swim</b> 8:00 – 10:10am 11:45am – 3:25pm 7:15 – 9:30pm	<b>Family Swim</b> 8:00 – 10:10am 11:45am – 3:25pm 7:15 – 9:30pm	<b>Family Swim</b> 8:00 – 10:10 am 11:45am – 3:25pm 7:15 – 9:30pm	<b>Family Swim</b> 8:00 – 10:10am 11:45am – 3:25pm 7:15 – 9:30pm	<b>Family Swim</b> 8:00 – 10:10am 12:20 – 3:25pm 7:15 – 9:30pm	<b>Family Swim</b> 1:35 – 2:55pm 6:05 – 7:30pm	<b>Family Swim</b> 8:00am – 9:55am 1:05 – 1:55pm 5:45 – 7:30pm
<b>Mushroom</b> 7:15 – 7:45pm	<b>Mushroom</b> 7:15 – 7:45pm	<b>Mushroom</b> 7:15 – 7:45pm	<b>Mushroom</b> 7:15 – 7:45pm	<b>Mushroom</b> 7:15 – 7:45pm	<b>Rec Swim*</b> 3:00 – 6:00pm	<b>Rec Swim*</b> 10:00am – 1:00pm

- (#) of lanes offered
- Pool schedule and number of lanes offered is subject to change without notice

\* Rec Swim is with waterslide and mushroom on

# AQUATICS CENTER CODE OF CONDUCT

## General Pool Rules

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- In compliance with California state law, a shower is required before entering the pool.
- If your hair is longer than shoulder length, please tie it back, braid it or wear a swim cap.
- Wear an appropriate bathing suit. Street clothes are not appropriate.
- Swim diapers are not permitted. Wear reusable, rubber swim pants under a swimsuit.
- No food, gum and glass containers in the pool area. Plastic water bottles are permitted on the pool deck.
- Enter the water feet first. Do not dive or jump into the pool.
- Do not hang or sit on lane ropes, ladders or railings.
- No inappropriate behavior, rough housing, horse play or foul language.
- Flotation devices must be Coast Guard approved. Inflatables, heavy plastic toys and balls are not permitted. Life jackets are available for your use.
- Do not participate in breath-holding games or activities.
- For everyone's safety, please walk on the pool deck.

The Lifeguard or Aquatic Center Staff has full authority.

For questions or more details, see our Director of Aquatics and Risk Management.

## Safety

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- All children under age 16 will be swim tested. Adults who appear to be challenged by swimming also will be tested. Once you pass the swim test, you will receive a wrist band to wear in the pool at all times.
- Any child under 18 who has not passed the swim test must have a parent or guardian in the water within arm's reach at all times.
- Children under 9 must be accompanied by a parent or guardian over 18 in the water at all times.
- Children 9-13 who have passed a swim test must have a parent on the pool deck at all times.
- Children 14-17 who have passed a swim test must have a parent within the facility.
- To use the slide, you must be at least 48" tall and have passed a swim test.
- Lap swimmers must be at least 9 years old, have passed a swim test, and are able to swim continuously.
- Any child requiring a flotation device must have a parent within arm's reach.
- Adults have first priority in the lap swim lanes (maximum of 6 swimmers per lane).

### FOR DETAILS CONTACT:

**Main Line**  
408 257 7160

**Aquatics Office**  
408 351 2442