

Indoor Pool Schedule January 12th - February 1st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00AM-12:55PM Adult Lap Swim	6:00-7:25AM Adult Lap Swim	6:00-7:55AM Adult Lap Swim	6:00-7:25AM Adult Lap Swim	6:00-7:55AM Adult Lap Swim	6:00-7:25AM Adult Lap Swim	7:00AM-12:55PM Adult Lap Swim
	Aquacise Class 1 7:30-8:00AM Aquacise Class 2 8:05-8:45AM		Aquacise Class 1 7:30-8:00AM Aquacise Class 2 8:05-8:45AM		Aquacise Class 1 7:30-8:00AM Aquacise Class 2 8:05-8:45AM	
1:00PM-5:30PM Open Swim *1 Lap Lane Available	8:50-11:10AM Adult Lap Swim	8:50-11:10AM Adult Lap Swim	8:50-11:10AM Adult Lap Swim	8:50-11:10AM Adult Lap Swim	8:50-11:10AM Adult Lap Swim	
	11:15AM-12:00PM Aquacise *1 Lap Lane	11:15AM-12:00PM Aquacise *1 Lap Lane	11:15AM-12:00PM Aquacise *1 Lap Lane	11:15AM-12:00PM Aquacise *1 Lap Lane	11:15AM-12:00PM Aquacise *1 Lap Lane	
5:35-6:15PM Adult Lap Swim						1:00-5:30PM Open Swim *1 Lap Lane Available
LSAC Closes at 6:30PM	12:05PM-3:25PM Adult Lap Swim	12:05PM-3:25PM Adult Lap Swim	12:05PM-3:25PM Adult Lap Swim	12:05PM-3:25PM Adult Lap Swim	12:05PM-3:25PM Adult Lap Swim	
	3:30-5:30PM Open Swim *1 Lap Lane Available	3:30-5:30PM Swim Lessons *No Lap Lane Available	3:30-5:30PM Open Swim 1 Lap Lane Available	3:30-5:30PM Swim Lessons *No Lap Lane Available	3:30-5:30PM Open Swim *1 Lap Lane Available	
	5:35-6:25PM Adult Lap Swim	5:35-6:25PM Adult Lap Swim	5:35-6:25PM Adult Lap Swim	5:35-6:25PM Adult Lap Swim	5:35-6:25PM Adult Lap Swim	5:35-6:25PM Adult Lap Swim
	6:30-8:15PM Open Swim *1 Lap Lane Available	6:30-8:15PM Open Swim/ Swim Lessons *No Lap Lane Available	6:30-8:15PM Open Swim *1 Lap Lane Available	6:30-8:15PM Open Swim/ Swim Lessons *No Lap Lane Available	6:30-9:15PM Open Swim *1 Lap Lane Available	6:30-8:15PM Open Swim *1 Lane Available
	8:15-9:00PM Masters Swim Adult Lap Swim					LSAC Closes at 8:30PM
	9:00-9:45PM Adult Lap Swim	8:20-9:45PM Adult Lap Swim	8:20-9:45PM Adult Lap Swim	8:20-9:45PM Adult Lap Swim	9:20-9:45PM Adult Lap Swim	
	LSAC Closes at 10:00PM	LSAC Closes at 10:00PM	LSAC Closes at 10:00PM	LSAC Closes at 10:00PM	LSAC Closes at 10:00PM	



Swimming Pool Rules and Regulations

1. **CHILDREN UNDER 6 WHO ARE NOT ABLE TO SWIM, MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT.**
2. Swimmers under the age of 17 only allowed when lifeguard is on duty.
3. No cut-offs, gym shorts or T-shirts to be worn in the pool.
NO STREET SHOES ON THE POOL DECK. (LSAC Staff only)
4. **SHOWER BEFORE ENTERING THE POOL.**
5. No food, beverage or glass in pool area.
6. Flotation devices, fins snorkels or masks at the discretion of the Lifeguard on Duty. Flotation devices must be U.S. Coast Guard approved and parent **MUST** accompany the child in the pool. Water wings are **NOT** allowed.
7. **TOYS IN THE POOL:**
 - Soft water toys at the discretion of the Lifeguard on Duty.
 - Noodles and dive rings distributed by the lifeguard. (Indoor Pool Only)
 - Kickboards & exercise equipment for Lap Swimmers and teachers only.
8. Jumping and diving allowed in designated areas only.
 - Diving: Indoor Pool – 9ft. only.
 - Outdoor Pool – Deep end east side of board or diving board.
9. Diving Board Rules:
 - NO FLIPS, TWISTS OR BACK DIVES**
 - Swimmers must leave the board facing forward.
 - No goggles off boards or slide.
 - No lifejackets off diving board or slide. Swim classes only.
 - Parents: Do not catch children off board or slide.
 - Swimmers **MUST** be able to recover to side by themselves.
10. Swimmers are not to be tossed in the air or carried on the shoulders of other swimmers.
11. Swimmers are not to hang on the ropes or diving board.
12. **RUNNING, EXCESS SPLASHING, SPITTING, DUNKING OR DANGEROUS PLAY ARE NOT ALLOWED.**

LIFEGUARDS ARE ON DUTY DURING OPEN SWIM

They are to enforce the pool rules, providing a safe and enjoyable environment for Lake Shore members and guests.

Failure to obey the pool rules may result in removal from the pool.