

# Indoor Pool Schedule August 13th - August 19th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00AM-6:15PM Adult Lap Swim	6:00-7:30AM Adult Lap Swim	6:00-8:00AM Adult Lap Swim	6:00-7:30AM Adult Lap Swim	6:00-8:00AM Adult Lap Swim	6:00-7:30AM Adult Lap Swim	7:00AM-8:15PM Adult Lap Swim
	Aquacise Class 1 7:30-8:00AM		Aquacise Class 1 7:30-8:00AM		Aquacise Class 1 7:30-8:00AM	
	Aquacise Class 2 8:05-8:45AM	8:00-8:45AM Aquacise	Aquacise Class 2 8:05-8:45AM	8:00-8:45AM Aquacise	Aquacise Class 2 8:05-8:45AM	
	9:00AM-2:30PM Swim Lessons	9:00AM-2:30PM Swim Lessons	9:00AM-2:30PM Swim Lessons	9:00AM-2:30PM Swim Lessons	9:00AM-2:30PM Swim Lessons	
	12:00-12:30PM Level Testing	12:00-12:30PM Level Testing	12:00-12:30PM Level Testing	12:00-12:30PM Level Testing		
LSAC Closes at 6:30PM						
	2:30-8:15PM Adult Lap Swim				8:45AM-9:45PM Adult Lap Swim	
		2:30-9:45PM Adult Lap Swim	2:30-9:45PM Adult Lap Swim	2:30-9:45PM Adult Lap Swim		LSAC Closes at 8:30PM
	8:15-9:00PM Masters Swim Adult Lap Swim					
	9:00-9:45PM 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 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 Outdoor Board or Slide.
  - No lifejackets off diving board. Swim classes only.
  - Parents: Do not catch children off board or slide.
  - Divers **MUST** be able to recover to side by themselves.
10. Children 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. **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.**