

# Family Swim & Gym



## FAMILY **SWIM** TIMES

|                      |                               |
|----------------------|-------------------------------|
| Monday               | 12:00–2:00 pm<br>6:00–8:00 pm |
| Wednesday            | 12:00–2:00 pm<br>6:00–8:00 pm |
| Friday               | 3:00–8:00 pm                  |
| Saturday (winter)    | 1:00–4:00 pm                  |
| Saturday (summer)    | 12:00–3:00 pm                 |
| Sunday (winter only) | 1:00–4:00 pm                  |

## FAMILY **GYM** TIMES

|                      |                              |
|----------------------|------------------------------|
| Monday               | 1:00–2:00 pm<br>6:00–8:00 pm |
| Wednesday            | 1:00–2:00 pm<br>6:00–8:00 pm |
| Friday               | 3:00–8:00 pm                 |
| Saturday (winter)    | 1:00–4:00 pm                 |
| Saturday (summer)    | 12:00–3:00 pm                |
| Sunday (winter only) | 1:00–4:00 pm                 |

## Family Swim | Gym Policies: (extended policies on back)

- Parent's must accompany their children during all activities.
  - Available only for ages 14 & under
  - Available to members' children and grandchildren only.
  - Member's children, accompanied by adults other than their parents may participate in family swim/gym ONLY IF a parental consent form is filled out in advance by the child's parent.
  - Activities available: swimming, basketball\*, and racquetball
- \* please see reverse side for restrictions



## Family Swim & Gym Policies

- Parents must accompany children at all times during family swim. Any children not accompanied by a parent will not be allowed in the pool, gymnasium, or racquetball courts.
- Member's children, accompanied by adults other than their parents may participate in family swim/gym ONLY IF a parental consent form is filled out in advance by the child's parent.
- Family swim is for the exclusive use of members' children and grandchildren under the age of 14. All other non-member children as well as those over the age of 14 will be charged a guest fee to participate in family swim|gym. (A parental consent form would need to be filled out in advance for anyone under 18 to be a guest at the facility.)
- Family swim participants may only use the pool, racquetball courts\*, or basketball court with parent present.
  - \* Basketball courts may not always be available due to club programming. Be sure to check our website (under the gym page), or contact our front desk prior to usage to insure that the gym is available for use.
- Children of opposite gender from the supervising parent must use our family changing rooms.
- Kickboards and other toys are only permitted by the discretion of the staff. This rule is dependant on pool capacity and proper use of the items.
- Children under 14 are not allowed to use the whirlpool, steam room, or sauna.
- The two far swim lanes are open and available to lap swimmers. Family swim will be restricted to the remaining area.
- No diapers allowed in the pool.
- Failure to follow the above policies will result in the loss of Family Swim & Gym proivilages.