

AQUATICS

Effective June 29 – August 21, 2009

Aquatic Center Hours: Monday–Friday 6:00AM–8:00PM, Saturday & Sunday 7:00AM–6:00PM
 Kiddie Pool Hours: Mon–Fri: 10:00AM–8:00PM • Sat & Sun: 9:00AM–6:00PM

Important dates to remember:

- Camp in Session to August 21

Swim Team

AM Workouts: July 6–August 13

PM Workouts: Through August 21

Group Lessons:

- **Weekday Session II:** June 29–July 16
- **Water Babies** July 1–August 5
- **Saturday Session II:** July 18–August 22
- **Weekday Session III:** July 27–Aug 13

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
6:00								6:00
6:30	Pool Closed	Pool Closed						6:30
7:00								7:00
7:30			Swim Team 7:15–8:15					7:30
8:00				Swim Team 8:00–9:00		Swim Team 8:00–9:00		8:00
8:30								8:30
9:00			Water Exercise 8:30–9:30	Swim Lessons 9:00–9:30	Water Exercise 8:30–9:30	Swim Lessons 9:00–9:30	Water Exercise 8:30–9:30	9:00
9:30	Swim Lessons 9:00–10:30							9:30
10:00			Camp Swim Lessons 9:30–11:00	Camp Swim Lessons 9:30–11:00	Camp Swim Lessons 9:30–11:00	Camp Swim Lessons 9:30–11:00	Camp Swim Lessons 9:30–11:00	10:00
10:30								10:30
11:00								11:00
11:30					Water Babies 11:00–11:30			11:30
12:00PM								12:00PM
12:30								12:30
1:00								1:00
1:30			Family & Camp Free Swim 1:00 - 3:00	Family & Camp Free Swim 1:00 - 3:00	Family & Camp Free Swim 1:00 - 3:00	Family & Camp Free Swim 1:00 - 3:00	Family & Camp Free Swim 1:00 - 3:00	1:30
2:00								2:00
2:30								2:30
3:00								3:00
3:30								3:30
4:00								4:00
4:30			Swim Lessons 4:00–5:30	Swim Lessons 4:00–5:30	Swim Lessons 4:00–5:30	Swim Lessons 4:00–5:30		4:30
5:00								5:00
5:30								5:30
6:00			Swim Team 5:30–7:30		Swim Team 5:30–7:30		Swim Team at NYMA 5:30–6:30	6:00
6:30								6:30
7:00	Pool Closed 6:00 - 8:00							7:00
7:30								7:30
8:00						SCUBA 7:30–10:00		8:00



No Lap or Free Swim Available



No Lap lane available. Free Swim available in areas without programming.



Lap Lane available. No Free Swim available

- Private lessons are held throughout the day, during times without programming.
- If less than 6 participants in Water Exercise Class, a lap lane will remain available for adult lap swimmers.

AQUATICS

Pool Rules

The following rules are for your safety and will be changed or added to, as situations warrant. The lifeguard may make any decision, limit any activity, or remove anyone from the aquatic facility to maintain appropriate levels of safety. No swimming is allowed without a lifeguard on duty. Please observe pool hours.

1. Showers must be taken before entering the pool.
2. No running, horseplay, spitting, excessive noise, dives, flips or reverse jumps.
3. No hanging or sitting on ropes or lane makers.
4. No water wings, flotation devices, or toys are allowed.
5. Bathing suits only in the pool.
6. Sportsplex-New Windsor is a smoke-free environment, both inside and outside.
7. No person with a communicable or infectious disease is allowed to use the pool.
8. Lap lanes are for lap swimming only, Adults, 18 and older, receive priority.
9. Parents must supervise children. Parents should be in close proximity of toddlers and non-swimmers at all times. Children aged 8-14 may be in the aquatic center, unaccompanied, after they have successfully completed the Club administered swim test. This test does not give permission for use of the spa and is limited to the use of the pool. Parents should report to the lifeguards the area of the Club they can be found in case of emergency and therefore, must remain on site.
10. The equipment is for instructional purposes only. They are not toys. Use is by permission only and must be returned to the lifeguard immediately after use.
11. No changing clothing on the pool deck. All members and guests are required to use the locker rooms. Children aged five and over are required to use the gender appropriate locker rooms.
12. Children not potty trained are to wear three layers: a cloth or swimmer diaper, rubber pants and a bathing suit.
13. Alcoholic beverages must be consumed under the tent of the Café' area. No alcohol may be consumed on the pool deck.
14. Coolers and picnic baskets are not permitted in the Club or aquatic facility. Food delivery to the Club from an outside vendor is not permitted.

SPA Rules

We offer members and guests the option to use the pool spa or either spa located in the men's and women's locker room. The average year round temperature is 102 degrees.

1. Showers must be taken before entering the spa.
2. Do not use while alone.
3. Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, narcotics or tranquilizers.
4. Elderly persons, pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure should not use the whirlpool until they consult with their physician.
5. Do not use the spa when the temperature is greater than 104 degrees.
6. Observe a reasonable time limit (i.e. ten minutes), then shower, cool down and if you wish, return for another brief stay. Long exposure may result in nausea, dizziness or fainting.
7. Do not shave, bath or shampoo hair in any spa.
8. No person with a communicable or infectious disease is allowed to use the spa.
9. No hanging or sitting on railings.
10. No swimming or exercising in the spa.
11. Children under the age of 6 are not permitted to use any spa. Children 6-14 must be directly supervised by a parent/guardian. If the temperature is over 102 degrees, no child under the age of 15 will be permitted in any spa.

Sportsplex-New Windsor aquatic facility follows the laws set forth by the New York State and Orange County Board of Health codes.