

# AQUATICS

## Effective July 12–Sept. 6, 2010

**Aquatic Center Hours:** Monday–Friday 6:00AM–8:00PM, Saturday & Sunday 7:00AM–6:00PM

**Kiddie Pool Hours:** Mon–Fri: 9:00PM–8:00PM Sat & Sun: 9:00AM–6:00PM

**Important dates to remember:**

Camp in Session: to August 20

Swim Team: through August 27

**Group Swim Lessons:**

• **Weekday Session II:** July 5–22

• **Water Babies:** July 7–13

• **Saturday Session II:** July 24–Aug 28

• **Weekday Session III:** Aug 2–19

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

 No Lap or Free Swim Available (**SKY BLUE** shaded areas)

 No Lap lane available. Free Swim available in areas without programming. (**NAVY** shaded areas)

 Lap lane available. (**GRAY** shaded areas)

- 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.

## 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

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.