

"To Inspire An ACTIVE Life"

Aquatics



SPORTSPLEX

Effective: 9/16/18-6/1/19		Pool Hours: M-F: 5:00AM-10:00PM; Sat & Sun: 7:00AM-7:00PM Kiddie Pool: M-F: 4:00PM-8:00PM; Sat & Sun: 9:30AM-7:00PM						
Program Dates		Group Lessons Winter Session: Nov 26, 2018-Feb 12, 2019						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Pool Opens at 5:00AM!							5:00 AM
6:00 AM						Pool Opens at 7:00AM		6:00 AM
6:30 AM								6:30 AM
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM						Water Exercise		8:30 AM
9:00 AM	Water Exercise		Water Exercise	Water Exercise	Water Exercise	Water Exercise		9:00 AM
9:30 AM	Water Exercise		Water Exercise	Water Exercise	Water Exercise	Water Exercise		9:30 AM
10:00 AM								10:00 AM
10:30 AM			Tot School Lessons	Tot School Lessons		Group Program	Group Program	10:30 AM
11:00 AM			Tot School Lessons	Tot School Lessons		Group Program	Group Program	11:00 AM
11:30 AM			Tot School Lessons	Tot School Lessons		Group Program	Group Program	11:30 AM
12:00 PM								12:00 PM
12:30 PM		School Lessons						12:30 PM
1:00 PM		School Lessons						1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM								3:00 PM
3:30 PM								3:30 PM
4:00 PM	Group Program	Group Program	Group Program	Group Program		Book your next pool party with us!		4:00 PM
4:30 PM	Group Program	Group Program	Group Program	Group Program				4:30 PM
5:00 PM	Group Program	Group Program	Group Program	Group Program				5:00 PM
5:30 PM	Group Program	Group Program	Group Program	Group Program				5:30 PM
6:00 PM								6:00 PM
6:30 PM								6:30 PM
7:00 PM	Adult Group Program		Adult Group Program			Pool Closed		7:00 PM
7:30 PM	Adult Group Program		Adult Group Program					7:30 PM
8:00 PM	Adult Group Program		Adult Group Program					8:00 PM
8:30 PM								8:30 PM
9:00 PM								9:00 PM
9:30 PM								9:30 PM
10:00 PM							10:00 PM	

	No Lap or Free Swim Available
	Lap Lane Available

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

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POOL RULES

- 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 the ropes or lane markers**
- 4. NO hanging or playing on the stairs**
- 5. NO water wings, flotation devices, or outside toys**
- 6. BATHING SUITS ONLY in the pool**
- 7. SPORTSPLEX NEW WINDSOR is a smoke-free environment, both inside and outside.**
- 8. NO PERSON with a communicable or infectious disease is allowed to use the pool**
- 9. LAP LANES are for lap swimmers only.** Adults, 18 years of age and older will receive priority.
- 10. PARENTS must supervise their children.** Parents should be in close proximity of their toddlers and non-swimmers at all times. Children ages 8-14 may be in the Aquatics Center, unaccompanied, after they have successfully completed the club administered swim test. This test does not give permission for the use of the spa and is limited to the use of the pool. Parents must report to the lifeguards concerning the area of the club which they can be found in case of emergency and therefore, PARENTS MUST REMAIN ON SITE.
- 11. EQUIPMENT is for instructional purposes only.** They are not toys. Use is by permission only and item must be returned to the lifeguard immediately after use.
- 12. 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.
- 13. CHILDREN not potty trained are *required* to wear a swim diaper.**
- 14. NO ALCOHOL may be consumed on the pool deck.** Alcoholic beverages must be consumed under the tent of the Café area.
- 15. 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

(THE AVERAGE YEAR AROUND TEMPERATURE IS 102 DEGREES)

- 1. SHOWERS must be taken before entering the spa**
- 2. DO NOT use the spa 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, and/or high 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 the 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 SIX (6) are NOT PERMITTED** to use the spa. Children ages 6-13 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

THE FOLLOWING RULES are for your safety and will be changed or added to as situations warrant.

THE LIFEGUARD MAY make any decisions, limit any activity, or remove anyone from the aquactic facility to maintain appropriate levels of safety.

NO SWIMMING is allowed without a lifeguard on duty.
PLEASE OBSERVE POOL/SPA HOURS

SPORTSPLEX NEW WINDSOR aquatic facility follows the law set forth by the New York State and ORange County Board of Health Codes *

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