



AQUATICS SCHEDULE

STANWOOD SPORT 629-4433

FEB 2010

Effective 02/01/10

AQUATIC MEMBERSHIP OR GUEST FEE IS REQUIRED FOR USE OF THE POOL AND SPA, WITH THE EXCEPTION OF LESSONS, TEAMS AND LEAGUES
LAP SWIM @ TF-SPORT: Please be courteous to other swimmers by always swimming to the right side of the lane. **Our lanes will fit four swimmers with ease.** At least 2 lanes are available unless otherwise posted and reserved for pool programming.

OPEN SWIM: Our New Open Swim policy rewards our youth who have built their skills to swim so well, no matter what their age may be! Youth under the age of 16, are to be at least 3'6" at the chin OR pass a swim test to be checked in with our lifeguard. Please refer to our pool rules for details.
Moonlight Open Swim—all overhead lights off, only the pool lights will be on.

PARENT & TOT: A time for you and your preschooler (6 months to 5 years) to enjoy the water together. An instructor is in the water to help with water safety, swim lesson preparations, increasing water confidence and to make it more fun! Complimentary to members and a nominal guest fee for non-members.

SWIM LESSON PRE-TEST: An instructor will very quickly assess skill level to place the youth into the proper class for successful experience.

SWIMMING LESSONS: Group youth swim lessons from pre-beginner to advanced swimmer that prepares you for Steelhead Swim Team. A swimming pre-test or previous class report card is required prior to registering.

ADULT SWIM PROGRAM: Ideal for master swim competitors, triathlon athletes, or adults wanting to improve stroke technique and swimmers wanting more from their swim program. USA certified coach offers scheduled early morning workouts or evening workouts by appointment.

PRIVATE SWIM LESSONS: Are available, please contact our Swim Lesson Director, to arrange an instructor to fit your needs.

STEELHEAD SWIM TEAM: A community based program that provides a controlled competitive progression of swim groups from Novice to Nationally ranked swimmers. A follow up progression from our club swim lesson program. For more information go: www.steelheadsswimteam.com

POOL PARTY RENTAL: For those special occasions, we offer pool rental on Saturday and Sundays. Please visit our service desk for additional information regarding calendar, rates and registration forms. Pool rental includes party room for other important party needs, like cake, ice cream and presents!

GROUP FITNESS CLASSES

AQUA ZUMBA: We are taking this latin-inspired dance sensation to the water! The water offers great support to the joints and resistance to tone the muscles.

SILVER SPLASH®: SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

H2O WORKS: These 1 hour classes are a great start or end to your day! Designed to give you a great non-impact cardio workout, strengthening and toning muscles through the waters resistance.

H2O LIGHT: A lighter version of our H2O Works.

WHILE LOOKING AT OUR SCHEDULE PLEASE NOTE

KIDS (under 16) CAN ONLY BE IN POOL WHEN A LIFEGUARD IS ON DUTY.

This is a county regulation that we must strictly enforce.

We know you are great parents and your kids are responsible members, safety is a primary focus.

Open Swim Policy

Any youth under the age of 16 who passes the height requirement OR swim test may utilize Open Swim without a parent in the water. Parents must remain on premise, please refer to pool rules for details.

Additional Activities Available

Pool Party Rental ♦ Swim Lesson ♦ Swim Team

Sport Aquatics Center 629-4433

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 am						Pool Closed	Pool Closed	
5:30 am	2 Lanes Reserved Steelhead Swim Team**	2 Lanes Reserved Steelhead Swim Team**	2 lanes reserved Adult Swim Class 5:30am-6:30pm	2 Lanes Reserved Steelhead Swim Team**	2 lanes reserved Adult Swim Class 5:30am-6:30pm			
6:00 am	5:30-7am	5:30-7am		5:30-7am				
6:30 am								
7:00 am	H₂O Works 7-8		H₂O Works 7-8		H₂O Works 7-8			
7:30 am								
8:00 am						4 Lanes Reserved		
8:30 am	H₂O Works 8:30-9:30	H₂O Works 8:30-9:30	H₂O Works 8:30-9:30	H₂O Works 8:30-9:30	H₂O Works 8:30-9:30	**Steelhead Swim Team** 8-10		
9:00 am								
9:30 am	Silver Splash® 9:45-10:30		Silver Splash® 9:45-10:30		Silver Splash® 9:45-10:30			
10:00 am		H₂O Light 10am-11am	Parent & Tot 10:30-11:30	H₂O Light 10am-11am	Parent & Tot 10:30-11:30	Adult Swim Class 10am-11am Contact Taylor		
10:30 am	Monday 2/8 & 2/22 10:30-11:45 Saratoga School							
11:00 am								
11:30 am								
12:00 pm	OPEN SWIM 12-2pm				High School Alternative Learning Class 11:30-1	Pool Party Rental 12-7	Pool Party Rental 12-7	
12:30 pm								
1:00 pm		Silver Splash® 1-2		Silver Splash® 1-2				
1:30 pm						 Family Sundays OPEN TO COMMUNITY Pool, Racquetball, Basketball \$5 Single * \$10 Family		
2:00 pm	Pool Closed							
2:30 pm	High School Swim Team							
3:00 pm	2:45pm—4:45pm							
3:30 pm	Pool Closed for Club Programs 4:45pm-6:45pm							
4:00 pm							OPEN SWIM 1-7pm	OPEN SWIM 1-7pm
4:30 pm							&	&
5:00 pm	Kidz Swim Lesson** 5-7pm	Kidz Swim Lesson** 5-7pm	Kidz Swim Lesson** 5-7pm	Kidz Swim Lesson** 5-7pm	Steelhead Swim Team 4:45-6:45pm		Pool Party Rentals**	Pool Party Rentals**
5:30 pm								
6:00 pm	Steelhead Swim Team 4:45-6:45pm	Steelhead Swim Team 4:45-6:45pm	Steelhead Swim Team 4:45-6:45pm	Steelhead Swim Team 4:45-6:45pm				
6:30 pm					OPEN SWIM 6-9pm			
7:00 pm		MOONLIGHT OPEN SWIM 7-9pm	Open Swim 6pm-8pm					
7:30 pm								
8:00 pm								
8:30 pm			Feb Intro to Adult Swim 7-8pm				Pool Closes At 7:45pm	
9:00 pm								
9:30 pm						Pool Closes 9:45		

Aquatic Rules

Sport Pool Capacity 75

Lifeguard to 25 Swimmer Ratio

Spa Capacity 11

THE LIFEGUARD MUST BE ON DUTY FOR CHILDREN UNDER 16 TO BE IN THE POOL OR SPA
 Any person refusing to obey the Pool Rules or TeamFitness Staff are subject to removal from pool area!
 The only exception to these rules is while a child is participating in a supervised club activity

- Obey the lifeguard at all times
- Walk on pool deck at all times
- NO diving, flipping, or jumping backwards into pool
- Cleaning shower is required
- No food, or gum in pool area. Liquid's in plastic/paper container's are allowed
- No person under the influence of drugs or alcohol allowed in pool area
- Health Advisory:
 - If you have a communicable disease that can be transmitted by water or have been ill with diarrhea or vomiting in the last two weeks, Do Not Use the Pool.
 - Persons with seizure, heart or circulatory problems are advised to swim with a buddy or when a Lifeguard is on duty.
- No horseplay or reckless behavior
- Kick boards, are for instructional use only. Lifejackets are to be used with adult supervision in the water. Colored Noodles are allowed at any open swim.
- Swim diapers are required for any child not potty trained.
- Diapers to be changed in designated diaper-changing area only.
- Any swimmer under 16 years of age may swim without an adult accompaniment if they can pass one of the following
 - Be 3'6" tall at the chin OR
 - Be able to swim across the full width or half the length of pool in a strong manner
 - A child without accompaniment must be checked in with our lifeguard and have an "Open Swim Waiver" on file
 - Youth not able to meet these requirement must have a parent/guardian, 18+ years in the water
- Diving Blocks are off limits, unless used with Team Fitness Swim Instructor or Coach supervision
- Young adult members (16+ yrs) are reminded that they are considered an adult and are expected to be responsible and follow the rules.
- Patrons may not swim alone. Please notify the front desk if you are the only one in the pool. You may have to wait for additional swimmers or an attendant/guard.

Spa Rules

For your safety and health, please follow the Spa rules. *Please limit Spa stay to 15 minutes. after each period of Spa usage you should follow with an equal amount of time to cool off.*

- Children 16 and younger may only use the Spa if the Lifeguard is on duty *and* a parent/guardian (over 18 yrs) is physically present.
- Time in Spa is limited to 5 minutes at a time for youth 7-15 years old.
- Children 6 and younger may only sit on the top step or top edge of the Spa.
- The State Department of Health and TeamFitness both recommend that children 6 years and younger should not use the Spa.
- No bathers with open or bandaged wounds.
- Women who are or may be pregnant should consult a physician before using Spa and should limit time.

***Any person refusing to obey the Pool Rules or TeamFitness Staff is subject to removal from pool area**

Washington State Department of Health states:
 Lifeguards shall NOT be required during times in which 2-10 adults or youths over the age of 16 are using the Aquatics area.

Emergency Procedures

- *In the event of any emergency push the RED Spa Emergency shut off Button-Alarm's will sound at that location and the front desk
- *Closest phones for Emergency 911 call's are located in the Front Desk and Aquatic Office
- *First Aid Kit/Blanket are located in Aquatic Office

*LAP SWIMMERS-Sport pool has 6 lanes available, 2 lap lanes are held for lap swim during pool programming unless otherwise posted and reserved.