

# Aquatics

September 13th to November 3rd, 2024 - Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30-8:30</b> *Lap Only	<b>5:30-8:30</b> *Lap Only	<b>5:30-8:30</b> *Lap Only	<b>5:30-8:30</b> *Lap Only	<b>5:30-8:30</b> *Lap Only	<b>7:00-9:00</b> *Lap Only	<b>7:00-9:00</b> *Lap Only
<b>8:35-9:30</b> Water Exercise No Lap	<b>8:35-9:30</b> Water Exercise No Lap	<b>8:35-9:30</b> Water Exercise No Lap	<b>8:30-9:30</b> 2 Lap Lanes Member Swim	<b>8:35-9:30</b> Water Exercise No Lap	<b>9:00-12:00</b> <b>Lessons</b> Member Swim Kiddie	<b>9:00-11:30</b> <b>Lessons</b> Member Swim Kiddie
<b>9:30-12:00</b> 2 Lap Lanes Member Swim	<b>9:30-12:00</b> 1 Lap Lane Member Swim Adult LTS	<b>9:30-12:00</b> 1 Lap Lane Lessons	<b>9:30-12:00</b> 1 Lap Lane Lessons	<b>9:30-12:00</b> 2 Lap Lanes Member Swim	<b>12:00-3:00</b> Member Swim Kiddie	<b>11:30-3:00</b> Member Swim Kiddie
<b>12:00-2:00pm</b> Closed on Weekdays					<b>3:00-6:00</b> Member Swim Kiddie 1 Lap Lane	<b>3:00-6:00</b> Member Swim Kiddie 1 Lap Lane
<b>2:00-4:00</b> 2 Lap Lane Member Swim	<b>2:00-4:00</b> 2 Lap Lane Member Swim	<b>2:00-4:00</b> 2 Lap Lane Member Swim	<b>2:00-4:00</b> 2 Lap Lane Member Swim	<b>2:00-4:00</b> 2 Lap Lane Member Swim		
<b>4:00-6:00</b> 1 Lap Lane Member Swim	<b>4:00-6:00</b> Lessons Kiddie	<b>4:00-6:00</b> 1 Lap Lane Lessons Member Swim	<b>4:00-6:00</b> Lessons Kiddie	<b>4:00-6:00</b> 1 Lap Lane Lessons Kiddie		
<b>6:00-7:00</b> 1 Lap Lane Adult LTS	<b>6:00-7:00</b> 1 Lap Lane Jr Swim Club	<b>6:00-7:00</b> 2 Lap Lanes Member Swim	<b>6:00-7:00</b> 1 Lap Lane Jr Swim Club	<b>6:00-7:00</b> 1 Lap Lane Jr Swim Club		



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## Member Swim & Lap Swim Policies

- **ALL Members are expected to follow the direction of the Lifeguards at all times.**
- **Lap Swimmers must have a reservation (reserve through member portal/SPX App/front desk)**
- **Lap Swim no shows/cancellations less than 24 hours will be charged a \$10.00 no show fee**
- **Lap Swim reservations should last no longer than 1 hour straight.**
- **Minimum Age for Booking a Lap Lane is 16 years old.**
- **During Lap Swim, kick boards, fins or water exercise barbells may be used.**
- **Member Swim is Recreational Swim for current members only.**
- **During Member Swim only backpack flotation aids and pool noodles provided by the club may be used. NO OUTSIDE FLOTATION ALLOWED.**
- **During Camp Swim - Only Campers and Camp Staff have access to the Pool Deck Locker Rooms - All Members must use the main locker rooms inside the facility.**
- **Private and Semi-Private lessons may take place during Member Swim & Lap Swim**
- **10/14/24 - Cornwall Fall Break - Modified Schedule**

**Please be aware of the following criteria when booking your lap reservations:**

### **Advanced/Circle Swim:**

- Previous competitive swim experience.
- Planning to swim an organized workout during each lap swim session
- Follows the pace clock
- Combines stroke and drill sets
- Respectful of circling with other swimmers of similar ability

### **Intermediate Swimmer:**

- Planning to swim an organized workout during each lap swim session
- Can swim at minimum Freestyle/Front Crawl or Backstroke in a straight line at least 50 yards/2 lengths of the pool without stopping with no equipment.
- When needed can circle swim (i.e. - when there is only one lane available and circle swimming is mandatory.)

### **Slow & Jogging Lane:**

- Can swim one length of the pool straight without stopping.
- Can jog one length of the pool straight without stopping.
- Safe in both shallow and deep water with or without flotation.