

INDOOR POOL SCHEDULE

SUMMER 2015



MONDAY

6:00 AM-8:30 AM LAP SWIM/ADULT WORKOUT
8:30 AM-9:30 AM *AQUA FIT (Suzy)
9:30 AM-10:30 AM *LIQUID STRENGTH (Suzy)
10:30 AM – 8:00 PM ALL SWIM

TUESDAY

6:00AM-9:00 AM LAP SWIM/ADULT WORKOUT
9:00 AM – 10:00 AM ALL SWIM
10:15 AM – 11:15 AM ARTHRITIS AQUATICS (Deb)
11:15 AM – 8:00 PM ALL SWIM

WEDNESDAY

6:00 AM-8:00 AM LAP SWIM/ADULT WORKOUT
8:30 AM-9:30 AM *AQUA FIT (Toni)
9:30 AM-10:30 AM *Y.E.S. Aquatics (Toni)
10:30 AM – 8:00 PM ALL SWIM

THURSDAY

6:00AM-9:00 AM LAP SWIM/ADULT WORKOUT
9:00 AM – 10:00 AM ALL SWIM
10:15 AM – 11:15 AM ARTHRITIS AQUATICS (Deb)
11:15 AM – 8:00 PM ALL SWIM

FRIDAY

6:00 AM – 8:30 AM LAP SWIM/ADULT WORKOUT
8:30AM – 9:30 AM *AQUAFIT (Suzy)
9:30 AM-10:30 AM *LIQUID STRENGTH (Suzy)
10:30 AM – 8:00 PM ALL SWIM

SATURDAY

6:00 AM – 9:00 AM LAP SWIM/ADULT WORKOUT
9:00 AM – 7:00 PM ALL SWIM (OCT-APRIL)
9:00 AM – 8:00 PM ALL SWIM (MAY-SEPTEMBER)

SUNDAY

8:00 AM – 10:00 AM LAP SWIM /ADULT WORKOUT
10:00 AM – 4:00 PM ALL SWIM (OCT-APRIL)
10:00 AM – 8:00 PM ALL SWIM (MAY-SEPTEMBER)

LAP/ADULT SWIM

Adults 18 & over either swimming or jogging in laps utilizing 1 lane only & Personal Training. Diagonal swim is not permitted.

ALL SWIM

Pool open to all members for Personal Training, Laps, Adult Swim, and/or Family Recreational time.

AQUA CLASSES

Pool open to members choosing to participate in a structured class with an instructor.
*These Aqua classes move to outdoor pool in summer, weather permitting. Check aerobics schedule for times.

Prescott Lakes Athletic Club

Pool, Patio & Spa Safety Rules

Pool and spa users shall obey all rules at all times. The staff has the authority to enforce the pool & spa rules and supervise the general conduct of pool & spa users, including but not limited to additional rules such as horseplay, running on the patios, and no diving in the shallow end.

- ✿ Glass objects, drinking glasses and sharp objects are not permitted in the pool & spa area.
- ✿ No food or beverages are permitted except those that have been purchased from the club. Food and drink must be kept away from the pool & spa.
- ✿ Children under 16 must be supervised by an adult.

NO LIFE GUARD ON DUTY.

- ✿ Children under the age of 6 are not permitted in the spa. Children between the ages of 6 and 14 must be accompanied by an adult over the age of 18 while using the spa.
- ✿ No smoking or tobacco use at Prescott Lakes Athletic Club.
- ✿ All persons using the pool & spa areas must cooperate in keeping the area clean by properly disposing of towels in the provided towel drops, placing noodles in their storage bins and disposing of all litter.
- ✿ If lightning occurs, all swim participants must exit both the indoor and outdoor pools as well as the spa. Re-entry to the waters will be determined by the staff.
- ✿ In inclement weather, other than lightning, outdoor pool users, swim lesson participants and swim class participants have the option to share the indoor pool with other programs and members.
- ✿ Showers are required before entering the pool & spa to remove all oils and lotions.
- ✿ Private ramada usage is only upon rental of the area through the Prescott Lakes Catering Director
- ✿ Pool Ramada Rentals must have a ratio of 1 supervising parent to 5 children during an event.
- ✿ Tire inner tubes are not permitted. Air mattresses will be permitted depending on the size of the mattress and the number of people in the pool. All other floatation devices will need to be approved with management before entering the pool.

NO TOYS OR EQUIPMENT PERMITTED IN SPA

- ✿ Animals, bicycles, skateboards, rollerblades, motorized vehicles, play balls of any type.

NO OUTSIDE FOOD OR BEVERAGE PRODUCTS ARE PERMITTED ON THE PROPERTY OR IN THE POOL & SPA AREAS

BOTTLED WATER IS PERMITTED

- ✿ Radios may be used in the pool & spa area at a low volume or with earphones.
- ✿ Parents are to make sure children use the bathroom before entering the pool & spa. Children under the age of 16 are not permitted to come through the club without a parent supervising. This rule also applies to all areas of the facility. Outdoor restrooms available.
- ✿ Children under the age of two must wear a swimmer's diaper.

PARENTS AND GUARDIANS MUST BE WITHIN ARMS REACH OF CHILDREN AT ALL TIMES WHETHER IN THE WATER OR ON THE DECK

- ✿ Members are not allowed to move the umbrella stands. Please ask an attendant for assistance.
- ✿ No persons with wet swimming suits are allowed in the athletic club lobby area or the Club House/Grill Patio.