



NO ONE under 14, including children 11-13 who have completed Youth Experience, may use the pool without a parent or guardian (adult member over the age of 18). Parent/guardian must be within sight at all times.

NO ONE under 14, including children 11-13 who have completed Youth Experience, is permitted in the Hot Tub, Steam Room, or Sauna.

# Five Forks July 2020 Pool Schedule

Lap Swim	Independent or privately coached swimming, walking, or jogging back
Swim Lessons	Fee based group swimming lessons, by registration only
Masters/Triathlon	Fee based swim fitness training for adults, by registration only
Open Swim	All independent or privately coached activities
<b>Aqua Fitness</b>	<b>Instructor led group fitness class</b>
Swim Club	USA Swimming affiliated swim team, by registration only

**Pool Temperature:** 83° for Lap Swim  
**Pool Length:** 25 Yards (35 round-trips = 1 mile)

**Please Note: Assigned lanes are reserved for class participants only during scheduled activities.  
Swim Club practices will end for the month on July 17.**

