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.

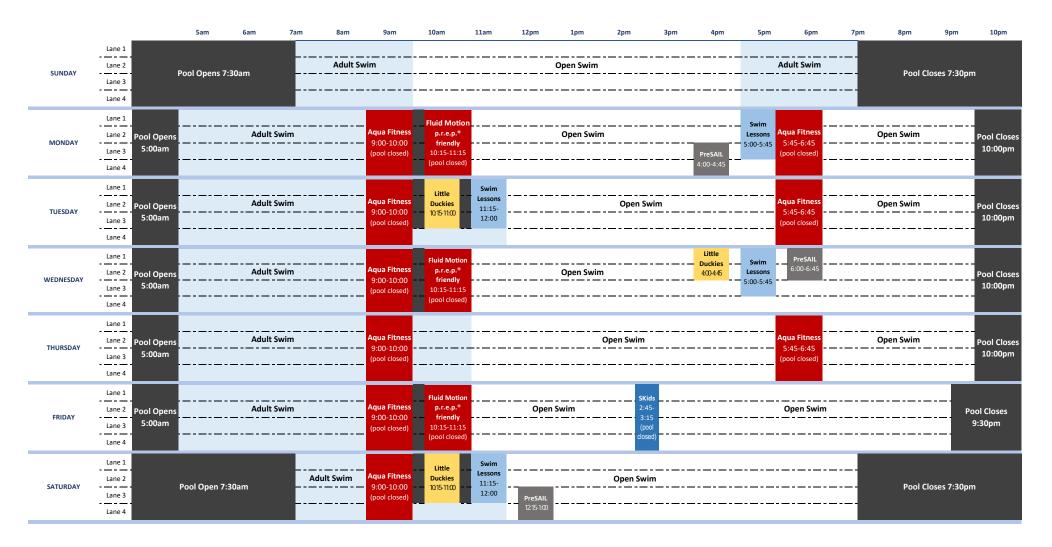
Please Note: Assigned lanes are reserved for class participants only during scheduled activities.

Pool is CLOSED during all Aqua Fitness or Fluid Motion classes.

Adult Swim	Pool reserved for our adult members			
Swim Lessons	Fee based group swimming lessons, by registration only			
Skids	Pool reserved for Sportsclub Kids			
Little Duckies	Fee based group lessons for young children, by registration only			
Open Swim	All independent or privately coached activities			
Aqua Fitness	Pool reserved for instructor led group fitness class			
PreSAIL	Fee based stroke clinic, by registration only			

Pool Temperature: A therapeutic 86° F

Pool Length: 15 Meters (52 round-trips=1 mile)



Pool is CLOSED during Aqua Fitness and p.r.e.p.®/Fluid Motion Classes. Only class participants allowed in pool at this time. P

Lesson 10:30-11:15

ool is OPEN for LAP SWIM ONLY during all Swim Lessons and Skids.