

Pool Schedule*

MARCH-JUNE 2021

Neighborhood Club
Recreation and Wellness Center



NCRWC MEMBERSHIP REQUIRED

***RESERVATIONS REQUIRED FOR ALL LAP SWIM, FAMILY SWIM, TODDLER SWIM & WATER AEROBICS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am-9:30 pm *Lap Swim	5 am-9:30 pm *Lap Swim	5 am-9:30 pm *Lap Swim	5 am-9:30 pm *Lap Swim	5 am-8:30 pm *Lap Swim	7 am-5:30 pm *Lap Swim
10:35 am-12:50 pm *Toddler Swim	10:35 am-12:50 pm *Toddler Swim	10:35 am-12:50 pm *Toddler Swim	10:35 am-12:50 pm *Toddler Swim	10:35 am-12:50 pm *Toddler Swim	9 am-12:50 pm Private Swim Lessons
4-6:30 pm Private Swim Lessons	9-9:40 am *Aqua Fit Hayley	1-1:40 pm *Aqua Reboot Kim	9-9:40 am *Gentle Joints Kim	4-7:15 pm *Family Swim	12:55-5:20 pm *Family Swim
	1-1:40 pm *Aqua Reboot Kim (COMING IN APRIL!)	4-6:30 pm Private Swim Lessons			
					SUNDAY
					8 am-4:30 pm *Lap Swim
					10:10 am-4:25 pm *Family Swim
					Mar. 12, 2021

Aqua Fitness Classes*

Aqua Fit This is an all over, cardio, toning, muscle conditioning class, which incorporates stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all fitness levels.

Aqua Reboot This upbeat class welcomes all fitness levels, challenging you to increase your endurance and energy level. The focus will be on core, cardio and stretching, making it a great way to ease your body back into physical activity.

Gentle Joints The emphasis of this water-based class is a slow, gentle range of motion exercises for all joints. These exercises also strengthen the muscles, which support the joints using the resistance of the water.

- Members are required to sign up and make a reservation at neighborhoodclub.org for Lap Swim, Family Swim and Water Aerobics. Drop in swimming is not available.
- All members (including children) are required to check in and out of the Neighborhood Club.
- For more details, please see Lap Swim, Toddler Swim, Family Swim and Water Aerobics. sign-up at www.neighborhoodclub.org.
- Children (13 and under) are only allowed during family swim. Please see age guidelines on back side for lap swim information.
- All non-potty trained children must wear a swim diaper to enter the pool.
- Pool is closed during evening + weekend swim lessons times except for the lap lane.

LAP LANE AVAILABILITY

Lap Swim - 4 Lap Lanes
Family Swim - 2 Lap Lanes
Kids Splash - 2 Lap Lanes
Private Lessons - 2 Lap Lanes
Water Aerobics - 2 Lap Lanes
Toddler Swim - 4 Lap Lanes

Pool closes 30-minutes before the building closes.

***Classes are subject to change. Check for updates on our mobile App or at www.neighborhoodclub.org**

AGE GUIDELINES

Age 14 and older

Full, unsupervised use after completing a scheduled orientation along with a signed parent consent form (available in the Fitness Center).

Age 9 - 13 (During lap swim time)

Child may swim laps with a Parent/Supervisor* present in the pool area. Child must follow proper lap swim etiquette.

Age 9 - 13 (During family swim time)

Child may swim without a Parent/Supervisor* present, however, in order to enter the 5' section of the pool, child must pass a Neighborhood Club swim test or wear a Coast Guard approved life jacket.

Age 3 - 8 (During family swim time)

Parent/Supervisor* must remain in pool area at all times AND: in the water directly supervising child unless child is wearing Coast Guard approved life jacket or child has passed a Neighborhood Club swim test.

Age 0 - 2 Parent/Supervisor* must be **in the water directly supervising** child.

Neighborhood Club's life jacket supply is limited to first-come, first-served. Therefore we recommend you bring your own Coast Guard Approved life jacket.

SWIM TEST: Jump in the 5 ft. end of the pool, surface and swim 25 yards without touching the bottom.

* A parent/supervisor must be at least age 16 or older.

POOL RULES

1. Please take a **soapy** shower before entering pool. Patrons with open cuts, sores, bandages, colds, coughs or infected eyes are not permitted in the pool.
2. Children who are not toilet-trained and those less than three years old must wear a swim diaper. Cloth or disposable diapers are not accepted.
3. No street shoes may be worn on deck. Clean flip-flops, Crocs and non-treaded sandals can be worn.
4. Non-swimmers must be within arm's reach in the water at all times by a mature supervisor 16 years of age or older.
5. Running on the pool deck is not allowed.
6. No one should engage the lifeguard in unnecessary conversation.
7. No glass bottles, food, gum or liquids except water allowed in pool.
8. Management and lifeguards will enforce any rule as deemed necessary to ensure the safety of the aquatic facility and our members and guests.
9. Management reserves the right to deny use of pool to anyone or close the pool at any time.