

# LAP POOL SCHEDULE

Children under 5 must have a parent with them in the pool within arm's reach.

Children under 11 must have direct adult supervision; 11 & older must pass swim test.

No open swim during group classes or team practice.

Lap lanes are for lap swimming only.

No food or drinks on deck, please.

Slide is for party rentals only.

Please return any equipment used during your workout or swim.

## MONDAY Open 6am - 9pm

6am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
7am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
8am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
9am	Aqua Cardio Class				Lap Swim Only	Lap Swim Only
10am		Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
11am	Swim Lessons	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
12pm					Lap Swim Only	Lap Swim Only
1pm	Swim Lessons	BH Swim Team			Lap Swim Only	Lap Swim Only
2pm					Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only
4pm					Lap Swim Only	Lap Swim Only
5pm		Stingrays Swim Team Practice				Lap Swim Only
6pm					Lap Swim Only	Lap Swim Only
7pm					Lap Swim Only	Lap Swim Only
8pm					Lap Swim Only	Lap Swim Only

## TUESDAY Open 6am - 9pm

6am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
7am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
8am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
9am	Aqua Strength Class				Lap Swim Only	Lap Swim Only
10am	Silver Splash				Lap Swim Only	Lap Swim Only
11am	Swim Lessons	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
12pm					Lap Swim Only	Lap Swim Only
1pm	Swim Lessons	BH Swim Team			Lap Swim Only	Lap Swim Only
2pm					Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only
4pm					Lap Swim Only	Lap Swim Only
5pm		Stingrays Swim Team Practice				Lap Swim Only
6pm					Lap Swim Only	Lap Swim Only
7pm					Lap Swim Only	Lap Swim Only
8pm					Lap Swim Only	Lap Swim Only

## WEDNESDAY Open 6am - 9pm

6am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
7am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
8am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
9am	Aqua Cardio Class				Lap Swim Only	Lap Swim Only
10am		Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
11am	Swim Lessons	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
12pm					Lap Swim Only	Lap Swim Only
1pm	Swim Lessons	BH Swim Team			Lap Swim Only	Lap Swim Only
2pm					Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only
4pm					Lap Swim Only	Lap Swim Only
5pm		Stingrays Swim Team Practice				Lap Swim Only
6pm					Lap Swim Only	Lap Swim Only
7pm					Lap Swim Only	Lap Swim Only
8pm					Lap Swim Only	Lap Swim Only

## THURSDAY Open 6am - 9pm

6am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
7am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
8am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
9am	Aqua Strength Class				Lap Swim Only	Lap Swim Only
10am	Silver Splash				Lap Swim Only	Lap Swim Only
11am	Swim Lessons	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
12pm					Lap Swim Only	Lap Swim Only
1pm	Swim Lessons	BH Swim Team			Lap Swim Only	Lap Swim Only
2pm					Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only
4pm					Lap Swim Only	Lap Swim Only
5pm		Stingrays Swim Team Practice				Lap Swim Only
6pm					Lap Swim Only	Lap Swim Only
7pm					Lap Swim Only	Lap Swim Only
8pm					Lap Swim Only	Lap Swim Only

## FRIDAY Open 8am - 6:30pm

8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9am	Aqua Cardio Class				Lap Swim Only	Lap Swim Only
10am					Lap Swim Only	Lap Swim Only
11am					Lap Swim Only	Lap Swim Only
12pm		Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
1pm					Lap Swim Only	Lap Swim Only
2pm					Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only
4pm					Lap Swim Only	Lap Swim Only
5pm		Stingrays Swim Team Practice			Lap Swim Only	Lap Swim Only
6pm					Lap Swim Only	Lap Swim Only
6:30pm					Lap Swim Only	Lap Swim Only

## SATURDAY Open 8:30am - 4pm

8:30am	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
9am					Lap Swim Only	Lap Swim Only
10am					Lap Swim Only	Lap Swim Only
11am	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
12pm					Lap Swim Only	Lap Swim Only
1pm					Lap Swim Only	Lap Swim Only
2pm	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only

## SUNDAY Open 12:30pm - 4pm

12:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
1pm					Lap Swim Only	Lap Swim Only
2pm	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only
3pm					Lap Swim Only	Lap Swim Only
4pm	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim Only	Lap Swim Only

## Lap Pool Rules and Regulations

We at Eagle Pointe Recreation Complex would like to make the usage of our lap pool an enjoyable experience. Please read the following information and if you have any questions contact Natalie Pickett, Aquatics Director, 281-385-6668 ext. 247.

### The following rules were developed for your safety and protection.

The lifeguard/Aquatics personnel are the first authority; the Aquatics Supervisor is the higher authority. They will enforce all rules and regulations. If you encounter a problem, please contact them in that order.

Infractions of the rules and regulations may result in loss of pool privileges.

No entry into pool unless a Lifeguard is on duty.

### Slide Usages (for rentals ONLY)

- No goggles
- No lifejackets
- Feet first
- On your bottom
- One on the slide at a time, all others wait on deck
- Wait for guards approval to go
- Swim test required (at guard's discretion)

### The following items are not allowed in the pool area:

- Tobacco Products, Gum, Food and Beverages (except water)
- Scuba equipment
- GLASS containers
- Animals in the pool – unless required for assistance allowed on the deck
- Arm Floats, Blow Up or Foam Floatation Devices, *outside facility* Toys of any type
- DIAPERS are not to be worn in any pool – WATER DIAPERS ONLY
- Band-Aids or the equivalent of are not allowed in any pool
- Thong bathing suits or cut-off jeans (Proper bathing attire must be worn. Discretion is up to the Aquatics personnel)

### The following situations are not allowed in the pool and/or area:

- Diving, Running or Profanity
- Mishandling or abuse to aquatic equipment
- Hanging on lane ropes
- Horse play; Throwing or sitting bathers from/on shoulders or knees
- Public display of affection
- Intoxication from drugs or alcohol
- SMOKING
- Infectious or communicable diseases
- Congregating around step or ladders

A patron may be asked to take a swim test if the Lifeguard or Pool Supervisor feels it necessary.

Children 5 years of age and under must be accompanied and kept within arm reach of an adult.

Children 6-10 years must pass a swim test and have an adult on deck.

Children 11 years and up can come to a pool facility alone AND pass a swim test.

Do not leave valuables unattended. Eagle Pointe is not responsible for lost or stolen Items.

For the health and enjoyment of all swimmers, use restrooms as needed.

If THUNDER or LIGHTNING is heard or sighted AND it presents a danger to the public, the pool will close for 20 minutes. The pool will reopen twenty minutes after the last thunder is heard OR lightning is sighted.

## Indoor Pool Schedule



## Schedule Valid

**Sept 1, 2018 - May 31, 2019**

★ Open Swim times are subject to change without notice for scheduled events and other Eagle Pointe Recreation Complex programming.