

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 Usage (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
- No piggyback swimming
- Public display of affection
- Intoxication from drugs or alcohol
- SMOKING or VAPING
- 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, 2019 - May 31, 2020

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

Monday & Wednesday 6 am to 9 pm

6:00AM	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		
6:30AM								
7:00AM								
7:30AM								
8:00AM								
8:30AM								
9:00AM	Aqua Fitness				LAP SWIM ONLY	LAP SWIM ONLY		
9:30AM								
10:00AM								
12:00PM	SWIM LESSONS	OPEN SWIM	OPEN SWIM	OPEN SWIM			LAP SWIM ONLY	LAP SWIM ONLY
12:30PM								
1:00PM								
1:30PM								
2:00PM		BH Swim Team						
2:30PM								
3:00PM								
3:30PM								
4:00PM								
4:30PM								
5:00PM	SWIM LESSONS	STINGRAYS SWIM TEAM PRACTICE			LAP SWIM ONLY	LAP SWIM ONLY		
5:30PM								
6:00PM								
6:30PM								
7:00PM								
7:45PM								
8:00PM	OPEN SWIM							
8:30PM								

Tuesday & Thursday 6 am to 9 pm

6:00AM	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY
7:00AM						
8:00AM						
9:00AM	Aqua Fitness					
9:30AM						
10:00AM						
10:30AM						
11:00AM	SWIM LESSONS	OPEN SWIM	OPEN SWIM	OPEN SWIM	LAP SWIM ONLY	LAP SWIM ONLY
11:30 AM						
12:00PM						
12:30PM						
1:00PM						
1:30PM						
2:00PM	BH Swim Team					
2:30PM						
3:00PM						
3:30PM						
4:00PM						
4:30PM						
5:00PM	SWIM LESSONS	STINGRAYS SWIM TEAM PRACTICE			LAP SWIM ONLY	LAP SWIM ONLY
5:30PM						
6:00PM						
6:30PM						
7:00PM						
7:45PM						
8:00PM	OPEN SWIM					
8:30PM						

Friday 8 am - 6:30 pm Saturday 8:30 am- 4 pm & Sunday 12:30 pm - 4 pm

8:00 AM	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY
8:30 AM						
9:00 AM	Aqua Fitness					
9:30 AM	Aqua Fitness (Fridays Only)					
10:00AM						
10:30AM						
11:00AM						
11:30AM						
12:00PM						
12:30PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	LAP SWIM ONLY	LAP SWIM ONLY
1:00PM						
1:30PM						
3:00PM						
3:30PM						
4:00PM						
4:30PM						
5:00PM	STINGRAYS SWIM TEAM PRACTICE				LAP SWIM ONLY	LAP SWIM ONLY
5:30PM						
6:00PM						
6:30PM						
6:30PM						

OPEN SWIM	SWIM LESSONS	SWIM TEAM
LAP SWIM		GROUP