



EMERY POOL SCHEDULE

August 25–October 14, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED (classes & lessons)			1–2pm		9–10:15am		
ADULT LAP SWIM	5:30–6:30am (6 lanes) 6:30–8am (2 lanes) 9am–5pm (6 lanes) 5–6pm (4 lanes) 6–7pm (6 lanes)	5:30–6:30am (2 lanes) 6:30–8am (4 lanes) 9am–4pm (6 lanes) 4–5pm (5 lanes) 5–7pm (6 lanes)	5:30–6:30am (6 lanes) 6:30–8am (2 lanes) 9am–1pm (6 lanes) 2pm–3:30pm (6 lanes) 3:30–5pm (5 lanes) 5–7pm (6 lanes)	5:30–6:30am (2 lanes) 6:30–8am (4 lanes) 9am–7pm (6 lanes)	5:30–6:30am (6 lanes) 6:30–8am (2 lanes) 10:15am–7pm (6 lanes)	7–8am (2 lanes) 8am–9:45am (6 lanes) 9:45–11:15am (5 lanes) 11:15am–4pm (6 lanes)	*Begins 9/7 1–4pm
MASTERS SWIM CLUB (Fee based)	6:30–7:30am (4 lanes)		6:30–7:30am (4 lanes)		6:30–7:30am (4 lanes)	7–8am (4 lanes)	
WATER AEROBICS	8–8:45am (Combo–4 lanes)	5:30–6:30am (Combo–4 lanes) 6:30–7:30am (Participant led—2 lanes) 8–8:45am (Deep Water–4 lanes)	8–8:45am (Combo–4 lanes)	5:30–6:30am (Combo–4 lanes) 6:30–7:30am (Participant led—2 lanes) 8–8:45am (Deep Water–4 lanes)	8–8:45am (Combo–4 lanes)		
AQUA ZUMBA	5–5:45pm (2 lanes)		5–5:45pm (2 lanes)				
SWIM LESSONS		4:15–5pm (1 lane)	3:30–5pm (1 lane)			9:45–11:15am (1 lane)	
SCHOOL GROUPS & RENTALS			SOUTHPORT 1:00pm–2:00pm (POOL CLOSED)		BRES & BRHS 9:00am–10:15am (POOL CLOSED)		*Updated 9/9/19

POOL SCHEDULES ARE SUBJECT TO CHANGE

POOL & SAUNA HOURS:

Emery Pool:

Monday–Friday: 5:30am–7:00pm

Saturday: 7:00am–4:00pm

Sunday: 1:00pm–4:00pm

Therapy Pool:

Monday–Friday: 7:00am–7:00pm

Saturday: 7:00am–4:00pm

Sunday: 1:00pm–4:00pm

PLEASE REMEMBER...

- Shower before using the pools or sauna
- Age restrictions
- Mermaid tails or other leg-binding equipment are strictly prohibited
- Breath holding activities are strictly prohibited.



THERAPY POOL SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED (For classes & lessons)	9-11am	1-3pm	9:30-11am 1-2pm	8:45-10:45am 1-3pm	10-11am		
ADULT ONLY	7am-9am	7am-9am	7am-9am	7am-8:45am	7am-9am	7am-8am	
OPEN/ FAMILY SWIM	11am-7pm	9:30-10am 10:30am-1pm 3-3:30pm 4-7pm	9-9:30am 10:30am-1pm 2-7pm	10:45am-1pm 3-7pm	11am-3pm 4-7pm	9:30am-4pm	*Begins 9/7 1-4pm
STRETCH & BALANCE		9am-9:30am			9am-9:30am		
SPECIALTY CLASSES (fee based) (begins 9/3)	Aqua Dynamics I 9-10am (POOL CLOSED) Aqua Meditation 10-10:30am (POOL CLOSED) Aqua Massage 10:30-11am (POOL CLOSED)		Aqua Dynamics II 9:30-10am (POOL CLOSED) Aqua Chi 10-10:30am (POOL CLOSED) Aqua Massage 10:30-11am (POOL CLOSED)	Aqua Dynamics I 8:45-9:45am (POOL CLOSED)			
SWIM LESSONS		10-10:30am (POOL CLOSED) 3:30-4pm (POOL CLOSED)		Montessori 10-10:45am (POOL CLOSED) 3:30-4pm	Montessori 10-10:45am (POOL CLOSED)	8:30-9:30am	*Updated 9/9/19
SCHOOL GROUPS & RENTALS		LincolnHealth 1pm-3pm (POOL CLOSED)	Southport 1:00pm-2:00pm (POOL CLOSED)	LincolnHealth 1pm-3pm (POOL CLOSED)	Fit Kids 3pm-4pm	*Parties as scheduled 11am-12pm OR 2pm-3pm	*Parties as scheduled 2pm-3pm

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Quick Guidelines:

- Children ages 6-10 years must be accompanied by an adult at all times in the pool & locker room areas.
- Children under 6 years of age as well as non-swimmers must be accompanied by an adult in the water at all times.
- Swim tests are given to anyone under the age of 18 years.
- A non-swimmer or child opting not to take a swim test must wear a US Coast Guard approved lifejacket in water that is over his/her head.

POOL & SAUNA HOURS:

Emery Pool:

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Saturday: 7:00am-4:00pm

Sunday: 1:00pm-4:00pm

Therapy Pool:

Monday-Friday: 7:00am-7:00pm

Saturday: 7:00am-4:00pm

Sunday: 1:00pm-4:00pm

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