



Therapy Pool Schedule June 24th – August 25th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 Adult Open Swim	7:30-8:30 Adult Open Swim	7:30-8:30 Adult Open Swim	7:30-8:30 Adult Open Swim	7:30-8:30 Adult Open Swim	7:00-8:00 Adult Open Swim	7:00-9:10 Adult Open Swim
8:30-9:15 Aqua Fitness	8:30-9:15 Aqua Fitness	8:30-9:15 Aqua Fitness	8:30-9:15 Aqua Fitness	8:30-9:15 Aqua Fitness	8:00-12:15 Swim Lessons	9:10-12:30 Swim Lessons
9:15-12:00 Camp/Swim Lessons	9:15-12:00 Swim Lessons/ Preschool Swim	9:15-12:00 Camp/Swim Lessons	9:15-12:00 Camp/Swim Lessons	9:15-12:00 Camp/Swim Lessons	12:50-1:55 Adult Open Swim	12:35-1:45 Adult Open Swim
12:00-1:00 Open Swim	12:00-1:00 Open Swim	12:00-1:00 Open Swim	12:00-1:00 Open Swim	12:00-1:00 Open Swim	2:00-4:00 Pool Parties (Private Rental)	1:45-3:30 Family Swim
1:05-2:30 Adult Open Swim Physical Therapy	1:05-2:30 Adult Open Swim Physical Therapy	1:05-2:25 Adult Open Swim Physical Therapy	1:05-2:30 Adult Open Swim Physical Therapy	1:05-2:30 Adult Open Swim Physical Therapy	4:15-6:00 Family Swim	3:30-4:30 Communitas (Private Rental)
2:45-3:25 Open Swim	3:00-4:00 Medford Rec.	2:30-3:25 SACC Swim	3:00-4:00 Medford Rec.	2:45-3:25 Open Swim	6:10-7:30 Adult Open Swim CLOSED	4:30-5:00 Adult Open Swim CLOSED
3:30-5:10 Swim Lessons	4:00-4:35 Adult Open Swim	3:30-5:10 Swim Lessons	4:00-5:10 Adult Open Swim	3:30-5:10 Swim Lessons		
5:25-6:30 Open Swim	4:40-6:55 Swim Lessons	5:30-6:55 Open Swim	5:10-6:55 Swim Lessons	5:30-7:00 Open Swim		
6:30-6:55 Adult Open	7:00-7:45 Aqua Fitness	7:00-7:45 Aqua Fitness	7:00-7:45 Aqua Fitness	7:10-9:00 Adult Open Swim CLOSED		
7:00-7:45 Aqua Fitness	7:45-9:00 Adult Open Swim CLOSED	7:45-9:00 Adult Open Swim CLOSED	7:45-9:00 Adult Open Swim CLOSED			
7:45-9:00 Adult Open Swim CLOSED						

Whirlpool Hours

Monday thru Friday– 5:30am-9:30pm*
Saturday– 7am-7:30pm
Sunday– 7am-5pm

Closed Wednesday for cleaning from 10am-2pm

The Whirlpool is an Adult Only area. Please no children are allowed in or around it.

Therapy Pool will be **CLOSED** from August 26th– September 2nd.

Adult Lap Swim • 18+ years old, must be able to swim 50 yards continuously

Adult Open Swim • 18+ years old in and on the pool deck

Lap Swim • Must be able to swim 50 yards continuously

Open Swim • All ages

Aqua Fitness • All drop-in, 30 person max. No cost to members, \$10 for non-members

Swim Lessons • Only registered participants can attend

We reserve the right to hold lifeguard drills during any times.

All pools and decks will be closed for a minimum of 30 minutes in the event of thunder or lightning.

Policies for Open Swim & Pool Parties

–Children 5 and under must be accompanied by an adult 18 or older in the water.

–Children 8 and under must be accompanied by an adult 18 or older on the pool deck.

–All children under the age of 15 must be marked with a colored neck band to indicate them as a swimmer or non-swimmer.

–Swim diapers must be worn by all children not 100% potty-trained.

–No more than 50 people are allowed in the therapy pool at one time and is at the discretion of the lifeguard(s) on duty.

–The lifeguards have the final say on rules and policies.

–The use of cell phones and other handhelds are not permitted on the pool decks