

NO ONE under 14 may use the pool without a parent or guardian (adult member over the age of 18). Parent/guardian must be within sight at all times. NO ONE under 14 is permitted in the Hot Tub, Steam Room, or Sauna.

Adult Swim	Pool reserved for our adult members
Swim Lessons	Fee based group swimming lessons, by registration only
Youth Programming	Pool reserved for Adventure Central kids
Open Swim	All independent or privately coached activities
Aqua Fitness	Pool reserved for instructor led group fitness class

Pool Temperature: A therapeutic 86° F
 Pool Length: 15 Meters (52 round-trips=1 mile)

Please Note: Assigned lanes are reserved for class participants only during scheduled activities. Pool is CLOSED during all Aqua Fitness or Fluid Motion classes. Pool is CLOSED during Skids.

