

# MAIN POOL SCHEDULE AT COURTSPTS EUGENE



Beginning January 2012

| MONDAY                           | TUESDAY                            | WEDNESDAY                        | THURSDAY                           | FRIDAY                             | SATURDAY  | SUNDAY  |
|----------------------------------|------------------------------------|----------------------------------|------------------------------------|------------------------------------|---|---|
| Adult Swim<br>5—5:45am           | Family Swim<br>5—9:15am            | Adult Swim<br>5—5:45am           | Family Swim<br>5—9:15am            | Adult Swim<br>5—8:30am             | Lap Pool<br>79°<br>4'6" deep<br>25 yards long   | Main Pool<br>84°<br>6'6" deep<br>1 mile = 66 laps |
| Aqua Fit w/Janet<br>5:45—6:30am  |                                    | Aqua Fit w/Janet<br>5:45—6:30am  |                                    |                                    |   |   |
| Adult Swim<br>6:30—8:30am        |                                    | Adult Swim<br>6:30—8:30am        |                                    |                                    |   |   |
| Aqua Fit w/Michie<br>8:30—9:30am | Aqua Fit w/Vickie<br>9:15—10:15am  | Aqua Fit w/Michie<br>8:30—9:30am | Aqua Fit w/Janet<br>9:15—10:15am   | Aqua Fit w/Robyn<br>8:30—9:30am    | Aqua Fit w/Janet/<br>Michie 9—10am  | Adult Swim<br>8—10am                              |
| Family Swim<br>9:30am—2pm        | Family Swim<br>10:15am—2pm         | Family Swim<br>9:30am—2pm        | Family Swim<br>10:15am—2pm         | Family Swim<br>9:30am—2pm          | Group Swim Lessons<br>10am-12pm<br>Supervised<br>Kid Swim<br>12pm-2pm                                 | Family Swim<br>10am—6pm                           |
| Adult Swim<br>2—3pm              |                                    |                                  |                                    |                                    |   |   |
| Family Swim<br>3—5pm             | Family Swim<br>3—5:30pm            | Family Swim<br>3—5pm             | Family Swim<br>3—5:30pm            | Family Swim<br>3—6pm               | Family Swim<br>12—7:45pm  | Supervised<br>Kid Swim<br>4—6pm                   |
| Aqua Fit w/Michie<br>5:10—6:10pm | Volleyball<br>5:30—6:30pm          | Aqua Fit w/Michie<br>5:10—6:10pm | Volleyball<br>5:30—6:30pm          |                                    |   |   |
| Family Swim<br>6—10:45pm         | Supervised<br>Kid Swim<br>6—7:30pm | Family Swim<br>6—10:45pm         | Supervised<br>Kid Swim<br>6—7:30pm | Supervised<br>Kid Swim<br>6—7:30pm |   | Family Swim &<br>Volleyball<br>6—7:45pm           |
|                                  | Family Swim<br>7:30—10:45pm        |                                  | Family Swim<br>7:30—10:45pm        | Family Swim<br>7:30—9:45pm         | No children under the age of 14 are allowed in the pool area without a supervising adult or lifeguard |   |

### Aquatics Center Rules

- Children under the age of 14 may not be in the pool area without a supervising adult (minimum age of 18) or a lifeguard present.
- No one may walk, sit or stand on the wall separating the two pools.
- Everyone must take a cleansing shower before entering any pool or spa.

**Aqua-Fit Classes:** The main pool may only be used by class participants during class. Aqua fit classes promote total body fitness in a low impact, but challenging environment, suitable for all fitness levels. Most class time is spent in the deep water using Aquajogger® belts and floatation weights.

**Family Swim:** A fun, participatory activity for the whole family. Parents are responsible for their children and must actively supervise them at all times.

**Adult Swim:** During Adult Swim the entire pool area is reserved for people aged 18 and over.

**Supervised Kid Swim:** Parents may leave their children to swim under the supervision of a staff member. To participate, children

must be at least 6 years old, 40" tall, and able to swim the width of the main pool unassisted. Each child under the age of 14 must be signed in with staff before participation and checked out when picked up. Children under the age of 14 must use the lobby restroom (not the locker rooms) when needed.

**Lap Pool:** The Lap Pool is reserved for serious swimmers, walkers, and joggers at all times. When it is busy, the two lanes must be shared by dividing them into four lanes.

**Aqua Volleyball:** Aqua volleyball is an unsupervised drop-in recreational activity. Members divide up for a vigorous and competitive game of water volleyball in the deep end of the pool. Anyone is welcome to use the rest of the pool at the same time.

**Masters Swim:** For an additional monthly fee, adults may join a swimming group that focuses on stroke mechanics and better overall swimming technique. This class is held Tuesday's from 6:30—7:30pm in the lap pool. See Service Desk to register and pay for class.

**Private & Semi-Private Swim Lessons:** Swim lessons are available for adults and children 3 and up. Please see the Service Desk for schedules and prices.