

# AQUATICS



## Indoor Pool Schedule & Rules

Fall 2024

SAW MILL CLUB

Pool Hours: Monday, Wednesday & Friday 6:30AM–8:00PM,  
Tuesday & Thursday: 6:30AM–9:00PM Saturday 6:30AM–5:00PM, Sunday 6:30AM–4:00PM

Effective 9/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30	6:30–9:00AM Lap Swim	6:30–9:30AM Lap Swim	6:30AM–2:00PM Lap Swim	6:30–9:30AM Lap Swim	6:30–9:00AM Lap Swim	6:30–10:30AM Lap Swim	6:30–10:00AM Lap Swim	6:30
7:00								
7:30								
8:00								
8:30	9:00–10:00 Water Exercise	9:30–10:30 Water Exercise	6:30AM–2:00PM Lap Swim	9:30–10:30 Water Exercise	9:00–10:00 Water Exercise	6:30–10:30AM Lap Swim	6:30–10:00AM Lap Swim	8:30
9:00								
9:30	10:00AM–2:00PM Lap Swim	11:30AM–2:00PM Lap Swim	6:30AM–2:00PM Lap Swim	10:30AM–11:30PM Lap Swim	Aquatics Programming	Aquatics Programming	10:00am–12:00PM 2 lanes Lap Swim	9:30
10:00								
10:30								
11:00								
11:30	10:00AM–2:00PM Lap Swim	11:30AM–2:00PM Lap Swim	6:30AM–2:00PM Lap Swim	11:30am–2:00PM 2 lanes Lap Swim	11:30AM–2:00PM Lap Swim	Aquatics Programming	12:00–1:00 Water Exercise	11:30
NOON								
12:30								
1:00								
1:30	2:00–3:00 Water Exercise	2:00–3:00 Water Exercise	2:00–3:00 Water Exercise	2:00–3:00 Water Exercise	2:00–3:00 Water Exercise	1:00–4:00PM Lap Swim	1:00–4:00PM Lap Swim	1:30
2:00								
2:30								
3:00								
3:30	3:00–4:30PM 1 lane Lap Swim	3:00–4:30PM 1 lane Lap Swim	3:00–4:30PM 1 lane Lap Swim	3:00–4:30PM 1 lane Lap Swim	3:00–4:30PM 1 lane Lap Swim	1:00–4:00PM Lap Swim	1:00–4:00PM Lap Swim	3:30
4:00								
4:30	Aquatics Programming	Aquatics Programming	Aquatics Programming	Aquatics Programming	Aquatics Programming	4:00–5:00 Water Exercise	4:00–5:00 Water Exercise	4:00
5:00								
5:30	5:00–5:30PM 1 lane Lap Swim	Aquatics Programming	Aquatics Programming	Aquatics Programming	5:00–7:00PM Lap Swim	4:00–5:00 Water Exercise	4:00–5:00 Water Exercise	4:30
6:00								
6:30	6:30–7:30 Water Exercise	Aquatics Programming	Aquatics Programming	Aquatics Programming	5:00–7:00PM Lap Swim	4:00–5:00 Water Exercise	4:00–5:00 Water Exercise	5:00
7:00								
7:30	7:30–8:00PM Lap Swim	7:00–9:00PM Lap Swim	7:00–8:00 Water Exercise	6:30–9:00PM Lap Swim	7:00–8:00 Water Exercise	4:00–5:00 Water Exercise	4:00–5:00 Water Exercise	5:30
8:00								
8:30	7:30–8:00PM Lap Swim	7:00–9:00PM Lap Swim	7:00–8:00 Water Exercise	6:30–9:00PM Lap Swim	7:00–8:00 Water Exercise	4:00–5:00 Water Exercise	4:00–5:00 Water Exercise	6:00
8:30								

Dark Blue	Pool Closed
Light Blue	Pool Closed (Water Exercise class in session)
Orange	One Lane Open
Pink	Two Lanes Open

**Private Lessons can be scheduled during Lap Swim times.**



## SAW MILL CLUB

# Indoor Pool Rules

### Welcome to the Aquatics center at Saw Mill Club!

To ensure a safe and enjoyable experience for all members, please adhere to the following pool rules and policies:

**1: Health Precautions:**

Do not use the pool if you do not feel well, have open wounds or infectious or contagious conditions.

Children under the age of 5 must use the restroom facilities before entering the pool.

Non-potty-trained children must wear a swim diaper and rubber underwear.

Pollution of the swimming pool is prohibited. Refrain from urinating, expectorating, blowing your nose or discharging fecal matter.

**2: Reservation Required:**

Your reservation reserves a spot in the pool, not a specific lane.

Please check in with the lifeguard to find out what lane to swim in.

**3: Proper Attire:**

Swim Caps Must be worn by all swimmers.

No street shoes allowed on the pool deck.

**4: Shower Before Entering:**

For hygiene reasons, please shower before entering the pool.

**5: No Running:**

Walk, don't run on the pool deck to prevent accidents.

**6: Supervision:**

Adult lap swim is for anyone ages 14 and up.

Children 13 and under must be accompanied by an adult during family swim.

**7: Diving:**

Diving blocks are only for swim instruction & swim team use.

**8: Respect Others:**

Be prepared to share a swim lane, especially during busy hours.

Keep noise levels to a minimum to maintain a relaxing environment.

Be mindful of personal space and avoid splashing or rough play.

No throwing or catching of objects from the pool deck or the pool.

**9. No Glass or Food:**

No food, drink or glass containers allowed on the pool deck.

**10: Fitness Equipment:**

Use fitness equipment only as intended.

Return equipment to its designated area after use.

All lifeguards and employees of Saw Mill Club have the authority and responsibility to enforce additional rules regarding health, safety, and deportment when it is necessary.