

# Pool and Program Information

## About the Pool

Pool Temperature	86-87 degrees
Spa Temperature	101-103 degrees
Pool Depth	3 1/2'—4 1/2'
Main Chemical in Pool	Chlorine

## Appropriate Pool & Spa Attire

A swim suit is required for all participants. Shirts and tank tops are not allowed unless they are made of polyester, nylon or spandex. Jeans and cotton clothing are prohibited.

## General Pool & Spa Rules

In addition to the posted rules, please adhere to the following:

- Please have a cleansing shower before entering both the pool and spa.
- No food or glass is permitted in the pool area.
- Running, diving, jumping, pushing and rough play are forbidden.
- **Children under the age of 16 are only allowed to swim during supervised times with parent/guardian present (Family Swim, Community Swim, Lessons, Aquatic Classes w/instructor approval).**
- All members swim at their own risk.
- Anyone suspected of “at-risk” behavior to themselves or others may (and can) be asked to leave the premises.

## Lap Swim Guidelines

Lap Swim time is reserved for use by individuals age 16 and up only. **No children under the age of 16 are allowed in the pool area at this time.**

Three lanes are intended for lap swimming, first come, first served basis. The remainder of the pool is available for water walking/exercise. With multiple swimmers, please lap share using “paperclip” or “circle” formation. (1 additional lane may be reserved for private swim lessons when noted on current schedule.)

## A note on etiquette....

“Circle swimming” is preferably done to best accommodate 2 or more swimmers, with each person swimming down and back on their right side. To avoid collisions, only begin swimming in an occupied lane after the swimmer has been made aware of your presence. The best method is to get into the water and wait at the wall for the swimmer to come to you.

## Family & Community Swim

A shallow water attendant is present to monitor the pool area, **children under the age of 16 must have adult (18+) supervision at all times.** This time is set aside for use of the pool as a recreational area. No lap lanes are available during these times.

Anyone who is not able to touch flat-footed in the 5 ft. area with their armpits above the water, is age 5 or under, or anyone who is using a life jacket or other floatation device must be accompanied by an adult 18 years of age or older, who is in the water and within 5 feet of them at all times.

## Spa Regulations

In addition to the posted rules, please follow the guidelines below for your health and safety.

- **Children under the age of 6 are not allowed to enter the spa for any reason. They may not put their feet or any other body part in the water.**
- Children ages 6-15 years may use the Spa only during designated family swim time and when directly supervised by responsible adult age 18 or older.
- Adults using the spa are recommended to limited their stay to fifteen minutes at any one session.
- Please do not sit on or block the stairs leading into the Spa.

## Sauna Rules

In addition to the posted rules, please remember our sauna is a dry sauna—no water please. Do not use pool area kick boards to sit on in the sauna—use your towel instead. Shower before re-entering the pool or spa.

### NOTE:

**We reserve the right to ask minors not participating in classes or family swim to vacate the pool area if they are disruptive.**

## Fitness Classes

**Aqua Fitness** in the water with music to rev you up as you splash your way to fitness. Includes toning and stretching for an overall workout. These workouts can be done at your own pace. Youth, **12 and older**, may attend class with instructor approval.

**Note: For all fitness classes please go at your own pace and inform the instructor if you have any health problems, special concerns or needs.**

**Physical Therapy:** Our pool is closed to members during posted “Physical Therapy” time and is reserved for the use of the physical therapists associated with SAC.

## Swim Lessons

**Parent/Child:** Designed for children ages 6-36 months. Parents accompany children in the water and help them learn water adjustment, motor coordination, and social skills, as well as introduction to basic water safety.

**Group Swim Lessons:** Designed for children ages 3 and up. Parents do not accompany the children in the water. Various levels are designed to accommodate the beginner all the way up to a child who is thinking of joining a competitive swim team. Registration for the next months lessons begin the 20th of the month prior. Our schedule is subject to change due to enrollment needs.

You may pick up a current schedule and each levels class requirements in our lobby or review it online at [www.sacfitlife.com](http://www.sacfitlife.com).

### Group Lesson Rates:

\$45 for 8 (30 minute lessons) for members  
\$55 for 8 (30 minute lessons) for non-members

### Private Swim Lessons:

Designed for all ages. You bring your own goals to the class and the instructor will work with you to accomplish them. Lessons are scheduled directly with our instructors. Contact the Aquatics Director at 360-435-9404 with your questions.

### Private Lesson Rates:

\$20 per 30 minute lesson for members  
\$25 per 30 minute lesson for non-members

