

Pool Area Usage Times

PLEASE BE ADVISED: Due to safety concerns, during any type of threatening weather conditions, the pool area must be closed until the condition changes.

The pool temperature is maintained between 84 and 86 degrees.

Scheduled Classes

During scheduled classes (see posted aerobics schedule), the swimming pool is reserved only for person's participating in the class. Whirlpool use is allowed without the use of the air jets due to the noise they create. We also request that conversations not relating to the class, be kept to a minimum to allow persons participating in the class to understand the instructor and follow their instruction.

Recreational Swim (Kids Allowed)

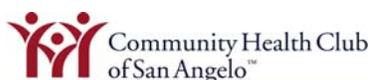
Members are encouraged to bring children in the pool at this time. Children 13 years of age and younger must be supervised by a **legal guardian(s)** inside the pool area at all times.

Tuesday/Thursday.....	6:30 p.m.	-	8:00 p.m.
Saturday.....	12:30 p.m.	-	6:45 p.m.
Sunday.....	3:30 p.m.	-	6:45 p.m.

Workout Swim (Adults Only)

This time is designated for member's 14 years of age and older to exercise in the water. Members may swim laps or exercise with the pool equipment. No horse playing, jumping, or diving is allowed.

Monday.....	5:00 a.m. - 9:00 a.m.
	10:00 a.m. - 4:30 p.m.
	5:30 p.m. - 10:15 p.m.
Wednesday.....	5:00 a.m. - 9:00 a.m.
	10:00 a.m. - 5:30 p.m.
	6:30 p.m. - 10:15 p.m.
Friday.....	5:00 a.m. - 9:30 a.m.
	10:30 a.m. - 7:45 p.m.
Tuesday/Thursday.....	5:00 a.m. - 9:00 a.m.
	10:00 a.m. - 10:30 a.m.
	11:30 a.m. - 5:30 p.m.
	8:00 p.m. - 10:15 p.m.
Saturday.....	8:00 a.m. - 9:00 a.m.
	10:00 a.m. - 12:30 p.m.
Sunday.....	noon - 3:30 p.m.



Affiliated with San Angelo Community Medical Center

(325) 947-2582

Pool Room Rules

Noncompliance of these rules may lead to discontinuation of membership

- ❑ No diapers in the pool.
- ❑ Swim at your own risk. No certified lifeguard on duty.
- ❑ No diving or jumping into the pool.
- ❑ No running or horseplay allowed on pool deck.
- ❑ No food or drink in pool room.
- ❑ Small floating devices are allowed.
- ❑ Any misuse of the equipment may result in restriction from this area.
- ❑ Aquatic exercise equipment for class use only.

POOL RULES

- ❑ Pool temperature is kept between 84–88 degrees.
- ❑ Shower before entering the pool.
- ❑ Children 13 years of age and younger are allowed during “Recreational Swim “ times ONLY (see schedule) and must be supervised by a **legal guardian(s)** inside the pool area at all times.
- ❑ Individuals with open wounds or sores should not enter the pool.
- ❑ 52 laps equal 1 mile.

WHIRLPOOL RULES

- ❑ No one under the age of 14 is allowed in the whirlpool without direct adult supervision.
- ❑ Whirlpool temperature is kept between 102-105 degrees Fahrenheit.
- ❑ Due to the high temperature & humidity, the whirlpool can be dangerous to your health. It is recommended that you consult your physician before using the whirlpool.
- ❑ Use at your own risk.
- ❑ Children & those with medical conditions such as high blood pressure, heart disease, and respiratory problems and those who are pregnant should avoid exposure to high heat and humidity.
- ❑ Limit yourself to a maximum of 10 minutes in the whirlpool.
- ❑ Allow yourself at least 5 minutes after exercising to cool down before entering the whirlpool.
- ❑ Shower before and after using the whirlpool or pool.