



Cape Ann Pool Schedule (February 27—April 30th) * * *

Activity	MON	TUE	WED	THU	FRI	SAT	SUN
Member Pool Use Times							
Adult Lap Swim	5:30am-7:30am 6 Ln 7:30am-3:30pm 3 Ln 3:30pm-4:15pm 2 Ln 4:15pm-5:15 1Ln 6:30pm-7:15 2Ln 5:15pm-6:30 NO LAP 7:15pm-9:30pm 3 Ln	5:30am-7:30am 6 Ln 7:30am-4:00pm 3Ln 4:00pm-5:15pm 2Ln 5:15pm-9:30pm 3Ln	5:30am-7:30am 6Ln 7:30am-3:30pm 3Ln 3:30pm-4:15pm 2Ln 4:15pm-7:15pm 1Ln 7:15pm-9:30pm 3Ln	5:30am-7:30am 6Ln 7:30am-4:00pm 3 n 4:00pm-5:15pm 2Ln 5:15pm-9:30pm 3Ln	5:30am-7:30am 6Ln 7:30am-5:30pm 3Ln 5:30pm-9:30pm 2Ln	7:00am-8:00am 6 Ln 7:45am-9am 3 Ln 9:00-11:20am 1Ln 11:20am-1PM 3Ln 1pm – 5:30 pm 3Ln	7:00am-9am 6Ln 9am-4:00 3Ln
Family Swim	12:00- 2pm 7:15pm-9:30pm	12:00 – 2pm 5-7:15pm 3Ln *7:15-9:30pm *shallow only	12:00-2:00 pm 7:15pm-9:30 pm	12:00 – 2pm 5-7:15pm 3 n *7:15-9:30pm *shallow only	12:00-2:00 pm	8:00am-9:00am 10:40am-1:00pm	9:30-12:00pm
Open Rec	*2:00pm-3:30 pm	*2:00-3:30pm *No diving board	*2:00-3:30 pm	2:00-3:30 pm	2:00-5:00 pm	1:00-5:30PM: * * (call for availability)	12:00–1:30pm:3Ln 1:30 – 4:00 pm* *(call for availability)
Water Aerobics	7:30am-8:30 am 11:15am–12:00 pm	7:30-8:30 am 11:15 – 12:00 pm	7:30-8:30 am 11:15 – 12:00 pm	7:30-8:30 am 11:15 – 12:00 pm	7:30-8:30 am 11:15 – 12:00pm		
Program Swim Times							
Swim Lessons	9:00–11:00 am 3Ln 1:45pm-3:30pm 3:30 – 5:05pm 4Ln	9:00am – 11:00am 3Ln 1:45pm-3:30pm 3:30pm-5:05pm 4Ln	9:00–11:00 am 1:45pm-3:30pm 3:30 – 5:05 pm	9:00-11:00am 1:45-3:30pm 3:30pm-5:05pm	9:00–11:00 am 1:45pm-3:30pm 3:15-5:05pm	9:00 -11:20am 5Ln	
Friday night Fun					5:30-9:30pm 4Ln		
Swim Team	4:00 – 5:00 pm 5:00-6:30 pm 6Ln 7:15-8:00pm 2Ln		5:00pm-6:30pm 5Ln 7:15-8:00pm 2Ln				
Diving Lessons		7:15-8:30 pm		7:15-8:30 pm		7:45 – 9:00 am	
Birthday Parties						1PM-2pm 4:00 – 5:00 pm	1:30–2:30pm

***** PLEASE NOTE: This schedule is subject to change contingent upon pool activities!**

Pool Schedule (February 27th –April 30th)

Pool Rules:

Showers are required before entering pool (state law)

No running on the pool deck

Children with bubbles must be accompanied in the water by an adult

Children wearing bubbles are allowed in the deep end with parents only!

Only swimming approved diapers are allowed in the pool

No floatation devices are allowed except swim bubbles

No cut offs or t-shirts allowed. Bathing suits must be worn.

No open wounds, rashes, poison ivy (etc)

Horseplay is not allowed

Only noodles are allowed for Family Swim or Open Rec

Kick boards, barbells, and other toys are not allowed in the pool

Masks and snorkels are not allowed in pool

No glass in pool area

No gum, food or drink is allowed in pool area.

**Listen to and respect the lifeguard on duty,
they are there for your safety!!**

Lap Swim Etiquette:

- Lap swim should be done in a circle-swimming pattern like driving a car. Swimming in this manner will allow the maximum number of swimmer in a lane (8).
- Please stay in designated lap lanes only.
- Acknowledge and respect your fellow lap swimmers especially when sharing a lane and someone would like to pass.
- If in the event that a lap swimmer is going slower than you and you would like to pass, gently tap their foot to let them know you are behind them and then proceed to pass. Lap swimmer being passed should slow and move to side as much as possible.

Family Swim Etiquette

- Family Recreational Swim is swimming time for families to come and recreate together. Parents must be in the pool with children.
- Children who are not toilet trained MUST WEAR SWIM DIAPERS.
- Children wearing bubbles are permitted in the deep end only if accompanied by an adult.
- Bubbles are the only acceptable form of floatation permitted in the pool.

Please remember the board of health and Massachusetts State Law requires showers before entering the pool.