



Cape Ann Pool Schedule (June 26th – August 27th) * * *

Activity	MON	TUE	WED	THU	FRI	SAT	SUN
Member Pool Use Times							
Adult Lap Swim	5:30am-7:30am 6 Ln 7:30am-5:00 3 Ln 5:00-7:15pm 2Ln 7:15pm-8:15pm 2Ln 8:15pm-9:30pm 3Ln	5:30am-7:30am 6 Ln 7:30am-5:15pm 3 Ln 5:15-7:15 pm 2Ln 7:15pm-9:30pm 3 Ln	5:30am-7:30am 6 Ln 7:30am-5:15pm 3Ln 5:15-6:15pm 2Ln 6:15pm-7:15 3Ln 7:15pm-8:15pm 2Ln 8:15-9:30pm 2Ln	5:30am-7:30am 6 Ln 7:30am-5:15pm 3 Ln 6:45pm-9:30pm 3Ln	5:30am-7:30am 6 Ln 7:30am-8:00pm 3 Ln	7:00am-8:00am 6 Ln 8:00am-9pm 3 Ln 9am-10:30am 1Ln 10:30am-4pm 3Ln	7:00am-8am 6 Ln 8am-12 noon 3 Ln
Family Swim	12:00- 2pm 7:15-9:30pm	12:00 – 2pm *7:15-9:30pm *shallow only	12:00-2:00 pm 6:15pm-9:30pm	12:00 – 2pm 6:45-9:30pm	12:00-2:00 pm 5:00-8:00pm	8:00am-9am 3Ln *(shallow only) 10:30am-1pm 3Ln	8:00-12:00pm
Open Rec	*2:00pm-4:00pm	*2:00-5:00pm *No diving board	*2:00-5:00pm	2:00-5:00 pm	2:00-5:00 pm	1:00-4:00 pm: 3 Ln	
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	9:00–11:15 am	9:00am – 11:15am	9:00–11:15 am	9:00-11:15am	9:00–11:15 am	9-10:30am	
Friday night Fun							
Scuba							
Swim Team	4:00 – 5:00 pm 2 Ln 5:00-7:15 pm4 Ln 7:15-8:00pm 2Ln	5:15-7:15pm 4Ln	5:15-6:15pm 4Ln 7:15-8:00pm 2Ln	5:15-6:45pm 3Ln			
Diving Lessons		7:15-8:30 pm		7:15-8:30 pm		7:45 – 9:00 am	
Birthday Parties						1pm-2pm	

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

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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!

Please do not swim under the bulkhead

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 and balls 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.