



The Dalles Fitness & Court Club

Pool Schedule

EFFECTIVE

August 8, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap & Pool Fit 5:00-8:55 AM	Lap & Pool Fit 5:00-7:00 AM	Lap & Pool Fit 5:00-8:55 AM	Lap & Pool Fit 5:00-7:00AM	Lap & Pool Fit 5:00-8:55AM	Lap & Pool Fit Lap Lane 6:00-7:30AM	
	AQUA CLASS Lap Lane 7:00-8:00AM		AQUA CLASS Lap Lane 7:00-8:00AM		AQUA CLASS Lap Lane 7:30-8:30AM	
	Tai Chi No Lap Lane 8:00-8:30AM		Tai Chi No Lap Lane 8:00-8:30AM			
AQUA CLASS Lap Lane 9:00-11:05AM	AQUA CLASS Lap Lane 10:15-11:05AM	AQUA CLASS Lap Lane 9:00-11:05AM	AQUA CLASS Lap Lane 10:15-11:05AM	AQUA CLASS Lap Lane 9:00-11:05AM		
Lap & Family Swim 11:05-2:00PM	Lessons, Lap & Family Swim 11:05-4:00PM	Lap & Family Swim 11:05-2:00PM	Lessons, Lap & Family Swim 11:05-4:00PM	Lessons, Lap & Family Swim 11:05-3:00PM	Lap & Family Swim 8:30AM – 2:00PM	Lap & Family Swim Noon- 6:40PM
AQUA CLASS Lap Lane 2:00-3:00PM		AQUA CLASS Lap Lane 2:00-3:00PM			Pool Fit & Lap 2:00-3:00PM	
Lessons, Lap & Family Swim 3:00-6:00PM		Lessons, Lap & Family Swim 3:00-6:00PM				
	Lessons, Lap & Family Swim 4:00-6:00PM		Lessons, Lap & Family Swim 4:00-6:00PM		*TEAM WIBIT 3:00-4:30pm	
	AQUA CLASS Lap Lane 6:00-7:00PM		AQUA CLASS Lap Lane 6:00-7:00PM			
Lap & Family Swim 6:00-8:10PM	Lap & Family Swim 7:00-8:10PM	Lap & Family Swim 6:00-8:10PM	Lap & Family Swim 7:00-8:10PM	Lap & Family Swim 3:00-8:10PM	Lap & Family Swim 4:30-8:10PM	
Pool Fit & Lap 8:10-9:10PM	Pool Fit & Lap 8:10-9:10PM	Pool Fit & Lap 8:10-9:10PM	Pool Fit & Lap 8:10-9:10PM			
Pool & Spa Closed @ 9:10PM	Pool & Spa Closed @ 9:10PM	Pool & Spa Closed @ 9:10PM	Pool & Spa Closed @ 9:10PM	Pool & Spa Closed @ 8:10PM	Pool & Spa Closed @ 8:10PM	Pool & Spa Closed @ 6:40PM

POOL SCHEDULE GUIDE: PLEASE PLAN YOUR SWIMMING ACTIVITIES ACCORDINGLY

LAP SWIM: Lane line(s) in place for members wishing to swim the length of the pool

POOL FIT: Pool area set aside for aquatic exercise for members not swimming laps

AQUA CLASS: Instructor led exercise class. Lap lane is open.

LESSONS: Lesson area set aside for swim instruction. Please be polite and give them space.

***TEAM WIBIT:** Supervised activities using the inflatable Wibit obstacle course. Reservations/ Extra fee required. Pool is closed.

FAMILY SWIM: Area of pool is open for recreational swimming. **Children under 16 must be supervised by an adult.**

SWIM TEAM: Pool is closed during Swim Team and 3 lanes are closed during Jr. Swim Team

AT ALL OTHER TIMES CHILDREN UNDER 14 ARE NOT ALLOWED IN THE POOL/SPA AREA WITHOUT DIRECT ADULT SUPERVISION.

Unsupervised children under 16 years MAY NOT USE THE SPA POOL at any time.

ALL PERSONS USING THE POOL OR SPA SHALL TAKE A CLEANSING SHOWER BEFORE ENTERING WATER

PERSONS USING THE POOL/SPA FACILITIES SHALL OBEY ALL POSTED SIGNAGE. CHILDREN UNDER 14 MUST HAVE DIRECT ADULT SUPERVISION WHILE IN THE OUTDOOR PATIO/PLAYGROUND AREAS