

# March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 5:30pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	2 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 4:30pm-6:45pm  <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	3 <u>Lap Swim Only(14+)</u> 8:00am-12:00pm <u>Open &amp; Lap Swim</u> 12:00pm-3:45pm
4 <u>Open &amp; Lap Swim</u> 8:00am– 1:4pm **Special swim for Residents**	5 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	6 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm <u>Lap Swim Only</u> 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	7 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm <u>Lap Swim Only</u> 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	8 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm <u>Lap Swim Only</u> 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	9 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm <u>Lap Swim Only</u> 4:30pm-6:45pm  <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	10 <u>Lap Swim Only(14+)</u> 8:00am-12:00pm <u>Open &amp; Lap Swim</u> 12:00pm-3:45pm
11 <u>Open &amp; Lap Swim</u> 8:00am– 1:45pm **Special swim for Residents**	12 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	13 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm <u>Lap Swim Only</u> 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	14 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm <u>Lap Swim Only</u> 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	15 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 5:00pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	16 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 4:30pm-6:45pm  <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	17 <u>Lap Swim Only(14+)</u> 8:00am-12:00pm <u>Open &amp; Lap Swim</u> 12:00pm-3:45pm
18 <u>Open &amp; Lap Swim</u> 8:00am– 1:45pm **Special swim for Residents**	19 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 6:30pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	20 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 6:30pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	21 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 6:30pm-7:45pm <u>Preschool Swim</u> 9:30am-11:00am <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	22 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 6:30pm-7:45pm  <u>Aquasize</u> 8:30am- 9:15am 11:00am- 11:45am	23 <u>Open &amp; Lap Swim</u> 6:00am-1:00pm 4:30pm-6:45pm  <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	24 <u>Lap Swim Only(14+)</u> 8:00am-12:00pm <u>Open &amp; Lap Swim</u> 12:00pm-3:45pm

25 <b>Open &amp; Lap Swim</b> 8:00am- 1:45pm **Special swim for Residents**	26 <b>Open &amp; Lap Swim</b> 6:00am-1:00pm 6:30pm-7:45pm  <b>Aquasize</b> 8:30am- 9:15am 11:00am- 11:45am	27 <b>Open &amp; Lap Swim</b> 6:00am-1:00pm 6:30pm-7:45pm  <b>Aquasize</b> 8:30am- 9:15am 11:00am- 11:45am	28 <b>Open &amp; Lap Swim</b> 6:00am-1:00pm 6:30pm-7:45pm  <b>Aquasize</b> 8:30am- 9:15am 11:00am- 11:45am	29 <b>Open &amp; Lap Swim</b> 6:00am-1:00pm 6:30pm-7:45pm  <b>Aquasize</b> 8:30am- 9:15am 11:00am- 11:45am	30 <b>Open &amp; Lap Swim</b> 6:00am-1:00pm 4:30pm-6:45pm  <b>Aquasize</b> 8:30am-9:15am 11:00am-11:45am	31 <b>Lap Swim Only(14+)</b> 8:00am-12:00pm <b>Open &amp; Lap Swim</b> 12:00pm-3:45pm
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## *March 2018 Pool Schedule*

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### **Adult & Open Swim Cost:**

Adults (18+): \$ 5.00 per person

Children (2+): \$3.00 per person

\*SUNDAY SPECIAL\* All Resident Swimmers: \$1.00

**OPEN SWIM:** All Ages: Section of the pool made for swimmers.

**LAP SWIM:** 14+ only: Lanes designated for lap swimmers.

**WATER AEROBICS:** Must have a minimum of four participants to host a class.

All participants must be on time and present at the start of class.

### **PRIVATE SWIM LESSONS**

Members: \$25.00

Residents: \$30.00

Non-Residents: \$40.00

Private Swim Lessons are available for various times and days. We offer night and weekend hours. All lessons are a ½ hour long, 1-on-1 with instructor. All lessons must be scheduled at least 1 week in advance. Please contact the Aquatic

Director to schedule your lesson.

### **Aquatic Director**

Brie Engelbrecht

[bengelbrecht@ludlowbgc.org](mailto:bengelbrecht@ludlowbgc.org)

Phone: 413-583-2072 x 111

### **Pool Rules & Regulations**

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Swimming is only permitted when the facility is open and lifeguards are on duty.

All persons must shower with water before entering the pool.

Personal flotation devices must be Coast Guard approved and used with an adult swimmer within arms length of the swimmer.

Infants and persons without bowel control must wear specially designed swim diapers

Urinating, spitting, blowing the nose, spouting of water or depositing foreign matter into the pool is prohibited.

Boisterous or rough play, shoulder rides, dunking, and running is prohibited.

No jumping or diving is permitted from anywhere in the pool or off the pool deck.

Playing, hanging on lane lines and safety buoys is not permitted.

No person under the influence of alcohol or drugs will be permitted.

Use of the pool shall be prohibited during an electrical storm.

Abusive or profane language will not be tolerated. Swimmers using offensive language, tones or gestures will lose their swimming privileges.

Staff is not responsible for valuables. You are encouraged to bring a lock to secure your personal items in a locker. Locks must be removed daily, if left overnight they will be removed.

Anyone under the age 12 must take a swim test

No food or drink in pool area

All Training equipment: Kickboards, buoys, gloves, ect. are to be used only by adults or during supervised instruction

Swimsuit and towel are required in order to swim. No shorts and/or tee shirts will be permitted

Any child 16 and under must be accompanied by an adult in the pool area.

Any child under the age 7 must be accompanied by an adult in the water. Parent must remain within an arms reach

Goggles with the enclosed nosepiece are not permitted in the pool.

No cell phone use in locker rooms

Patrons must obey and respect the lifeguards at all times. All rules must be followed. In case of violation of any of these rules, patrons will be asked to leave the pool.