

September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>2</u> <u>Open & Lap Swim</u> 8:00am-11:45am **Special swim for residents**	<u>3</u> <u>BUILDING CLOSED FOR HOLIDAY</u>	<u>4</u> <u>Open & Lap Swim</u> 6:00am-10:45am 11:30am-1:00pm <u>---Pool Closed---</u> <u>10:45am-11:30am</u> <u>Open & Lap Swim</u> 5:00pm-7:45pm <u>Aquasize</u> 8:30am-9:15am	<u>5</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:00pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>6</u> <u>Open & Lap Swim</u> 6:00am-10:45am 11:30am-1:00pm <u>---Pool Closed---</u> <u>10:45am-11:30am</u> <u>Open & Lap Swim</u> 5:00pm-7:45pm <u>Aquasize</u> 8:30am-9:15am	<u>7</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 4:30pm-6:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>8</u> <u>Open & Lap swim</u> 8:00am-3:45pm
<u>9</u> <u>Open & Lap Swim</u> 8:00am-1:45pm **Special swim for residents**	<u>10</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>11</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>12</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>13</u> <u>Open & Lap Swim</u> 6:00am-10:45am 11:30am-1:00pm <u>---Pool Closed---</u> <u>10:45am-11:30am</u> <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am	<u>14</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 4:30pm-6:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>15</u> <u>Swim Lessons & Lap Swim Only</u> 8:00am-12:00pm <u>Open & Lap Swim</u> 12:00pm-3:45pm
<u>16</u> <u>Open & Lap Swim</u> 8:00am-1:45pm **Special swim for residents**	<u>17</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>18</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>19</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>20</u> <u>Open & Lap Swim</u> 6:00am-10:45am 11:30am-1:00pm <u>---Pool Closed---</u> <u>10:45am-11:30am</u> <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am	<u>21</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 4:30pm-6:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>22</u> <u>Swim Lessons & Lap Swim Only</u> 8:00am-12:00pm <u>Open & Lap Swim</u> 12:00pm-3:45pm
<u>23</u> <u>Open & Lap Swim</u> 8:00am-1:45pm **Special swim for residents**	<u>24</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>25</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>26</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>27</u> <u>Open & Lap Swim</u> 6:00am-10:45am 11:30am-1:00pm <u>---Pool Closed---</u> <u>10:45am-11:30am</u> <u>Open & Lap Swim</u> 5:45pm-7:45pm <u>Aquasize</u> 8:30am-9:15am	<u>28</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 4:30pm-6:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>29</u> <u>Swim Lessons & Lap Swim Only</u> 8:00am-12:00pm <u>Open & Lap Swim</u> 12:00pm-3:45pm
<u>30</u> <u>Open & Lap Swim</u> 8:00am-1:45pm **Special swim for residents**	<u>Oct. 1</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 6:30pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>Oct. 2</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 6:30pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>Oct. 3</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 6:30pm-7:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>Oct. 4</u> <u>Open & Lap Swim</u> 6:00am-10:45am 11:30am-1:00pm <u>---Pool Closed---</u> <u>10:45am-11:30am</u> <u>Open & Lap Swim</u> 6:30pm-7:45pm <u>Aquasize</u> 8:30am-9:15am	<u>Oct. 5</u> <u>Open & Lap Swim</u> 6:00am-1:00pm <u>Open & Lap Swim</u> 4:30pm-6:45pm <u>Aquasize</u> 8:30am-9:15am 11:00am-11:45am	<u>Oct. 6</u> <u>Swim Lessons & Lap Swim Only</u> 8:00am-12:00pm <u>Open & Lap Swim</u> 12:00pm-3:45pm

September 2018 Pool Schedule

Adult & Open Swim Cost:

Adults (18+): \$5.00 per person

Children (2+): \$3.00 per person

Sunday Special: All Resident Swimmers: \$1.00 per person

OPEN SWIM: All ages- Section of the pool made for swimmers

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

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

PRIVATE SWIM LESSONS

Members: \$25.00 per class

Residents: \$30.00 per class

Non-Residents: \$40.00 per class

Private swim lessons are available for various times and days. We offer night and weekend hours. All lessons are a 30 minutes, 1-on-1 lesson with an instructor. All lessons must be scheduled at least 1 week in advance with Aquatics Director.

Aquatics Director

Brie Engelbrecht

bengelbrecht@ludlowbgc.org

Phone: (413) 583-2072 x 111

Pool Rules & Regulations

- Swimming is only permitted when the facility is open and lifeguards are on duty.
- All persons must shower with water before entering the pool.
- Outside Personal floatation, devices are not permitted. Bubbles provided by the Aquatics Staff will be utilized to aid swimmers.
- Infants and persons without bowel control must wear specially designed swim diapers.
- Urinating, spitting, blowing the nose, spouting 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 or hanging on the lane lines and safety buoys is not 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 are 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 of 12 must take a swim test.
- No food or drink in the pool area.
- All training equipment: Kickboards, buoys, fins, etc. are to be used only by adults during supervised instruction.
- Swimsuits and towels are required in order to swim. No shorts or t-shirts will be permitted in the pool.
- Any child under the age of 14 must be accompanied by an adult in the pool area.
- Any child under the age of seven 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 phones/ computer/ tablet use on deck or 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.