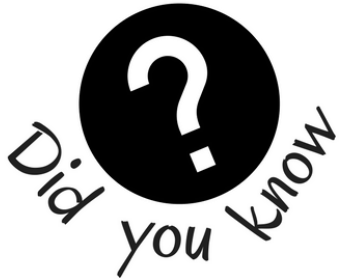


# Top 5 Rules You Should Know Before You Visit:



*Drowning is the 2nd leading cause of death to children under the age of five. As such, swimming pools across the country take many precautions to ensure the safety of guests visiting the facility. The rules listed below were created through evidence-based research designed to provide a safe and enjoyable swimming experience. Should you have any questions about the rules, please reach out to an Aquatic Supervisor at [lsilins@perinton.org](mailto:lsilins@perinton.org) (Laura) or [pkelly@perinton.org](mailto:pkelly@perinton.org) (Paul).*

1. *Swimwear MUST be worn* in aquatic center even if you are not swimming. Cotton shirts, gym/ basketball shorts, camisoles, tank tops, etc. will not be allowed. Staff must be able to *see the top or bottom of your swimsuit at all times* should you choose to wear a cover-up on the deck. *You will be asked to leave if you do not have proper swimwear.*
2. Guests *ages 4 and under must* have a *2:1 ratio with an adult (18+)* who is *within an arms reach* of the child at all times.
3. Guests *ages 11 and under must* have an adult (18+) accompany them in the aquatic center at all times.
4. Only *Coast Guard approved, properly fitting* Personal Flotation Devices (PFDs) are permitted in the aquatic center. *Guests ages 4 and under using a PFD must still be 2:1* with an adult and within an arms reach at all times.
5. Guests *ages 5 and under are not permitted in the spa.* Those guests *between the age of six and twelve must have an adult (18+)* accompany them in the spa.

*-pool schedule on next page-*



# Lap/Instructional Pool Schedule: 1/2/19 - 2/16/19

Wednesday January 2nd 2019-Saturday February 16th 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:00AM-7:30AM 1/2 Pool Lap Swim	6:00AM-8:00AM Lap Swim Only	6:00AM-7:30AM 1/2 Pool Lap Swim	6:00AM-8:00AM Lap Swim Only	6:00AM-7:30AM 1/2 Pool Lap Swim	Closed
	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	8:00AM-8:55AM Aqua Fit	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	8:00AM-8:55AM Aqua Fit	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	7:00AM-9:00AM Lap Swim Only
	7:30AM-9:00AM Lap Swim	9:00AM-10:00AM Lap Swim Only	7:30AM-9:00AM Lap Swim Only	9:00AM-11:30AM Lap Swim/Open Swim/Lessons	7:30AM-9:00AM Lap Swim Only	9:00AM-12:00PM Closed for Lessons
9:00AM-9:45AM Lap Swim	9:00AM-10:00AM Total Body Aqua	10:00AM-11:00AM Intro to Competitive Swimming	9:00AM-10:00AM Heat Up the Pool		9:00AM-10:00AM Dual Aqua Aerobics	
9:45AM-12:00PM 1/2 Lap Swim; 1/2 Private Lessons	10:05AM-11:30AM Lap Swim/Open Swim	11:00AM-1:00PM 1/2 Lap Swim	10:00AM-11:00AM Bodies in Motion	11:30AM-1:00PM 1/2 Lap Swim	10:05AM-11:00AM Let's Get Moving	12:00PM-6:00PM Open Swim
	11:30AM-1:00PM Lap Swim	11:30AM-1:00PM 1/2 Pool G. V. Masters Swim	11:05AM-1:00PM Lap Swim	11:30AM-1:00PM 1/2 Pool G. V. Masters Swim		
12:00PM-5:00PM Open Swim/BD parties	1:00PM-5:25PM Open Swim/Private Lesson	1:00PM-4:15PM Open/Lap Swim	1:00PM-5:30PM Open Swim/Private Lessons	1:00PM-4:15PM Open/Lap Swim	11:00AM-1:00PM Lap Swim Only	
	5:25PM-6:30PM Lessons	4:15PM-6:30PM Lessons	5:30PM-6:15PM Dual at Dusk (ex. 1/9, 1/30, 2/13)	4:15PM-6:30PM Lessons	1:00PM-8:00PM Open Swim/Private Lessons	
	6:30PM-7:15PM Aqua Fit	6:30PM-9:00PM Lap Swim/Open Swim	6:15PM-7:30PM Lap Swim/Open Swim	6:30PM-7:15PM Aqua Boot Camp		
Closed	7:15PM-9:00PM 1/2 Pool G. V. Masters Swim		6:30PM-9:00PM Lap Swim/Open Swim	7:30PM-9:00PM 1/2 Pool G. V. Masters Swim	7:15PM-9:00PM Lap Swim/Open Swim	8:00PM-9:00PM 1/2 Pool Open Swim
	7:15PM-9:00PM 1/2 Lap Swim	7:30PM-9:00PM 1/2 Lap Swim		8:00PM-9:00PM 1/2 Pool Lap Swim		

Highlighted times indicate pool closure. Lane lines/ICEBERG vary based on facility use. Schedule subject to change; check website for updates:  
<http://www.perinton.org/departments/recreation/schedules>