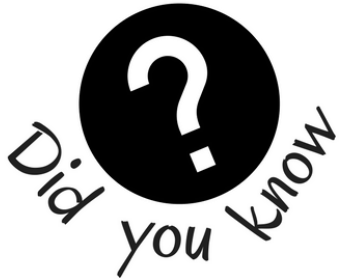


Top 5 Rules You Should Know Before You Visit:



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 (Laura) or 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: 9/16/19 - 10/20/19

Monday, September 16th - Sunday, October 20th, 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	
9:00AM-9:45AM Lap Swim	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	8:00AM-8:50AM Aqua Fit	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	8:00AM-8:50AM Aqua Fit	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	7:00AM-12:00PM Lap Swim Only	
9:45AM-12:00PM 1/2 Lap Swim; 1/2 Private Lessons	7:30AM-9:00AM Lap Swim 9:00AM-10:00AM Total Body Aqua	8:55AM-10:00AM Lap Swim/Open Swim/Lessons 10:00AM-11:00AM Intro to Competitive Swimming	7:30AM-9:00AM Lap Swim 9:00AM-10:00AM Heat Up the Pool	8:55AM-10:00AM Lap Swim/Open Swim/Lessons 10:00AM-11:00AM Intro to Competitive Swimming	7:30AM-9:00AM Lap Swim 9:00AM-10:00AM Dual Aqua Aerobics		
12:00PM-5:00PM Open Swim/BD Parties	10:05AM-11:30AM Adult Lap/Open Swim	11:00AM-1:00PM Adult Lap Swim	10:05AM-11:00AM Let's Get Moving	11:00AM-1:00PM Adult Lap Swim	10:05AM-11:00AM Let's Get Moving	9:00AM-12:00PM Closed for Lessons starting 10/12	
	11:30AM-1:00PM Lap Swim		11:05AM-1:00PM Lap Swim		11:05AM-1:00PM Lap Swim	11:05AM-1:00PM Lap Swim	
	1:00PM-6:25PM Open Swim/Private Lessons	1:00PM-4:15PM Open Swim	1:00PM-7:30PM Open Swim/Private Lessons	4:15PM-6:30PM Closed for Lesson starting 9/24	4:15PM-6:30PM Closed for Lesson starting 9/26	1:00PM-8:00PM Open Swim/BD Parties/Private Lessons	12:00PM-6:00PM Open Swim/BD Parties
				6:30PM-7:15PM Deep Water Challenge	6:30PM-7:15PM Deep Water Challenge		
Closed	6:30PM-7:15PM Aqua Fit (ex. 10/14)	7:20PM-9:00PM 1/2 Pool Open Swim	7:30PM-9:00PM 1/2 Pool G. V. Masters Swim	7:20PM-9:00PM 1/2 Pool Open Swim	8:00PM-9:00PM 1/2 Pool Open Swim	Closed	
	7:30PM-9:00PM 1/2 Pool G. V. Masters Swim		7:30PM-9:00PM 1/2 Lap Swim		8:00PM-9:00PM 1/2 Pool Lap Swim		
	7:20PM-9:00PM 1/2 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>