

WATER GROUP FITNESS

- Due to the poor acoustics in the aquatic environment and possible voice damage to your instructor, we ask kindly that you minimize talking during your one hour fitness class to be respectful to your fellow participants and instructor.
- Please arrive on time for your scheduled class and notify your instructor of any reasons you may need to leave early (i.e. medications and health issues).
- Schedules are subject to change and will be posted on the website for your use in the pools. Copies of the schedules are also available from the front desk and pool areas.

In a continued effort to support both lap swimmers and group fitness participants, we have established additional guidelines that we ask everyone to be familiar with and follow.

- Each group fitness class will begin with two lanes open. Lanes will be added based on the following number of participants:
 - 0-7 participants - 2 lanes for group fitness class, 4 lanes for lap swimmers. (Guard does not move lane lines)
 - 8-14 participants - 3 lanes for group fitness, 3 lanes for lap swimmers. (Guard moves one lane line)
 - 15-30+ participants - 4 lanes for group fitness class, 2 lanes for lap swimmers. (Guard moves 2 lane lines)
- Two lap lanes are always reserved for lap swimmers in the main pool.
- Number of lanes available for use will be determined based on class attendance (until 15 minutes after class is scheduled to start.)
- After 15 minutes, additional lanes will not be given to class for late participants.
- Aquatic group fitness classes hold priority for lane usage during class time. However, please allow other pool users

time to finish their workouts before entering the pool. Entrance into the pool is permitted no more than 5 minutes prior to the beginning of class when the lane is already in use.

If assistance is needed in enforcing any policy, please contact our lifeguard who will call the Manager on Duty to respond. Please do not get into a confrontation with another member, but allow our manager to resolve the issue.