



# February 2019

## WCC Pool Schedule

Please Note: The Pool Schedule is ***SUBJECT TO CHANGE WITHOUT NOTICE***. Pool could potentially be closed without notice due to accidental incident. *Please Check the left hand side for important schedule changes and updates.*

Revised 1/28/19

### DATES TO REMEMBER

**HIGH SCHOOL SWIM PRACTICE**  
**FEBRUARY 4, 5, & 6**  
**5:45AM-6:45AM**  
**LANES 4, 5, & 6**

**WINTER 1 SWIM LESSONS**  
**JANUARY 18 - MARCH 3**

**SPRING 1 SWIM LESSONS**  
**MARCH 15 - MAY 5**  
**REGISTRATION FOR**  
**MEMBERS – APRIL 26**  
**NON MEMBERS – APRIL 29**

**SEA WOLVES SWIM PROGRAM**  
**TRYOUTS & EVALUATIONS**  
**EVERY TUESDAY 6:30PM**

**SPRING SESSION BEGINS**  
**MARCH 4**

### OPEN SWIM

Private lessons are permitted during this time.

### ADULT LAP SWIM

During Adult Lap Swim– Swimmers must Circle Swim & stay to the right.

### LAP SWIM

During Lap Swim– Swimmers must Circle Swim & stay to the right.

**Lap lanes must be shared at all times.**

*All swimmers must shower prior to entry. All Swimmers with hair longer than the jaw line must wear a swim cap.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM-9:00AM Open Swim 1&2 Adult Lap 3-6	6:00AM-7:00AM Adult Lap 1-6	6:00AM-7:00AM Adult Lap 1-6	6:00AM-7:00AM Adult Lap 1-6	6:00AM-9:00AM Adult Lap 1-6	6:00AM-7:00AM Adult Lap 1-6	6:30AM-8:00AM Open Swim 1&2 Adult Lap 3-6
9:00AM-12:45PM Open Swim 1&2 All Age Lap 3&4 Adult Lap 5&6	7:00AM - 12:00PM Open Swim 1-3 Adult Lap 4-6	7:00AM - 11:30AM Open Swim 1&2 All Age Lap 3&4 Adult Lap 5&6	7:00AM - 11:30AM Open Swim 1-3 Adult Lap 4-6	9:00AM - 12:00PM Open Swim 1-3 Adult Lap 4-6	7:00AM-11:30AM Open Swim 1-2 Adult Lap 3-6	8:00AM-9:00AM Open Swim 1&2 Adult Lap 3&4 Privates 5&6
12:50PM-4:00PM CLOSED SWIM LESSONS Privates*	12:00PM –12:45PM Aqua Zumba 1&2 All Age Lap 3&4 Adult Lap 5&6	11:30AM –12:15PM Silver Splash 1&2 All Age Lap 3-6	11:30AM –12:15PM Silver Splash 1&2 All Age Lap 3-6	12:00PM –12:45PM Aqua Zumba 1&2 All Age Lap 3-6	11:30AM –12:15PM Silver Splash 1&2 All Age Lap 3-6	9:00am-12:30pm CLOSED SWIM LESSONS Privates*
4:00PM-5:30PM Open Swim 1&2 Privates 3 Adult Lap 4-6	12:45PM-5:30PM Open Swim 1&2 All Age Lap 3&4 Adult Lap 5&6	12:15PM—1:00PM Open Swim	12:15PM-4:15PM Open Swim 1&2 All Age Lap 3&4 Adult Lap 5&6	12:45PM – 1:30pm Aqua Pilates 1&2 All Age Lap 3-6	12:15PM—1:00PM Open Swim	12:30pm-3:30pm Open 1&2 Privates 3 Sea Wolves 4-6
5:30PM-7:00PM  Sea Wolves POOL CLOSED	5:30PM-7:00PM  Sea Wolves POOL CLOSED	1:00pm-5:30pm  Open Swim 1&2  Adult Lap 3-6	4:15PM-6:00PM Open Swim 1&2 All Age Lap 3&4 Adult Lap 5&6	1:30PM-5:30PM Open Swim 1&2 Privates 3 All Age Lap 4 Adult Lap 5&6	1:00pm-4:15pm Open Swim 1&2 All Age Lap 3&4 Adult Lap 4-6	3:30pm-5:45pm Open 1&2 Adult Lap 3&4 Privates 5&6
	7:00PM—8:30PM Open Swim 1&2 Privates 3 Sea Wolves 4-6	5:30pm-8:30pm Open Swim 1 Privates 2&3 Sea Wolves 4-6	6:00PM-7:30PM Sea Wolves POOL CLOSED	5:30PM-7:00PM Sea Wolves POOL CLOSED	4:15pm-8:15pm CLOSED SWIM LESSONS Privates* Sea Wolves 6	
	8:30PM—9:30PM Open Swim 1&2 Privates 3 Adult Lessons 4&5	8:30PM—9:30PM Open Swim	7:30PM-9:30PM Open 1&2 Privates 3&4 Sea Wolves 5&6	7:00PM—8:00PM Open Swim 1&2 Privates 3 Sea Wolves 4-6	8:15PM-9:30PM Open Swim	
				8:00PM-9:30PM Open Swim		

\*Subject to lane availability.



## **Indoor Pool - Swimming Facility - 1<sup>st</sup> Floor**

**Members have full access to our 25 yard indoor swimming pool during open and adult swim times. Please see our schedule for details and availability. There are lifeguards on duty in our pool during regular hours of operation, making it safe and enjoyable environment for individuals and families of all ages.**

### **SWIMMING POOL RULES**

- Swimmers/Non-swimmers 6 years of age and under must have an adult in the water within arm's reach of the swimmer at all times.
  - Swimmers/Non-Swimmers 7 - 9 MUST have an adult in the water at all times.
  - Swimmers/Non-Swimmers 10-12 years of age are permitted to swim with a parent present on the pool deck.
  - Swimmers/Non-Swimmers 13 years of age are permitted to swim with a parent present in the facility and not limited to the pool deck.
- NJ State Law 8:26-5.4 Bather Rules for swimming pools, wading pools, hot tubs and spas.**
- Any person showing evidence of any communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges, or any other communicable disease shall be denied admission.
  - Any person with excessive sunburn, open blisters, cuts, or bandages shall be denied admission.
  - Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of gastrointestinal (stomach) disease in the past seven days.
  - All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands. Do not wash out soiled diapers in the bathing water.
  - Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
  - No animals, except for service animals, shall be allowed in the swimming pool, wading pool, hot tub, or spa area, dressing rooms, or other parts of the enclosure.
  - Glass containers shall be prohibited in food and drink areas.
  - All persons shall shower before entering the water. All persons are required to take a full body shower until the bathing is SOAKED, this is required before entering the pool. Failure to do so will result in refusal of admission. Please remember this is a New Jersey State Law.
  - Conduct which endangers the safety and comfort of others shall be prohibited
  - Outdoor bathing shall be prohibited during an electrical storm.
  - Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.
  - Proper bathing attire must be worn at all times. Any clothing made of tight spandex and nylon is permitted (bathing suit material). Any persons wearing jeans, cut-offs, basketball shorts or cotton material will be denied admission.
  - Only the designated gender may enter the same designated genders shower/changing room: No member of the opposite gender may enter,. Please utilize family changing rooms.
  - Cameras and recording equipment is prohibited in the pool area at any time. Sea Wolves swim coaches are the only permitted staff to do so.

**NJ State Law 8:26-5.4 (b) Policies and procedures regarding water toys and floating devices shall be followed to ensure a safe bathing environment.**

1b. Prolonged breath holding activities are strictly prohibited.

2b. Running is strictly prohibited.

3b. Jumping, Diving, Flips and Twists are strictly prohibited.

4b. Instructional equipment (kickboards) is permitted during WCC Swim Lessons, Swim Team and Adult Lap Swim ONLY - never during OPEN Swim.