



May 2018



When to Swim - Indoor Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Open Swim: Wave Pool, Tot Pool and Slide are open; NO WAVES</p> <p>Open Swim Waves: Wave Pool, Tot Pool and Slide are open; WAVES ON</p> <p><i>*Management reserves the right to open or close additional lap lanes as needed for staff training or programs</i></p>		<p>1</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-6:30p - 4 Lanes 6:30p-7:30p - 3 Lanes 7:30p-9:30p - 6 Lanes</p>	<p>2</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 3 Lanes 5:30p-7:30p - 0 Lanes 7:30p-8:30p - 3 Lanes 8:30p-9:30p - 6 Lanes</p> <p><i>Closed 5:30-7:30pm for Programs</i></p>	<p>3</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-8:00p - 3 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim 4-8pm</p>	<p>4</p> <p>5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-4:00p - 6 Lanes 4:00p-8:00p - 0 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim Waves 4-8pm</p>	<p>5</p> <p>7:00a-8:30a - 6 Lanes 8:30a-10:30a - 0 Lanes 10:30a-11:00a - 3 Lanes 11:00a-12:00p - 4 Lanes 12:00p-7:00p - 0 Lanes 7:00p-8:00p - 6 Lanes</p> <p><i>Closed 8:30-10:30am for Programs</i></p> <p>Open Swim Waves 12-7pm</p>
<p>6</p> <p>9:00a-12:00p - 3 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 6 Lanes</p> <p>Open Swim Waves 12-5pm</p>	<p>7</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 3 Lanes 5:30p-7:30p - 0 Lanes 7:30p-9:30p - 6 Lanes</p> <p><i>Closed 5:30-7:30pm for Programs</i></p>	<p>8</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-6:30p - 4 Lanes 6:30p-7:30p - 3 Lanes 7:30p-9:30p - 5 Lanes</p>	<p>9</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 3 Lanes 5:30p-7:30p - 0 Lanes 7:30p-9:30p - 3 Lanes</p> <p><i>Closed 5:30-7:30pm for Programs</i></p>	<p>10</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-8:00p - 3 Lanes 8:00p-9:30p - 5 Lanes</p> <p>Open Swim 4-8pm</p>	<p>11</p> <p>5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-4:00p - 6 Lanes 4:00p-8:00p - 0 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim Waves 4-8pm</p>	<p>12</p> <p>7:00a-8:30a - 6 Lanes 8:30a-10:30a - 0 Lanes 10:30a-11:00a - 3 Lanes 11:00a-12:00p - 4 Lanes 12:00p-7:00p - 0 Lanes 7:00p-8:00p - 6 Lanes</p> <p><i>Closed 8:30-10:30am for Programs</i></p> <p>Open Swim Waves 12-7pm</p>
<p>13</p> <p>9:00a-12:00p - 5 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 3 Lanes</p> <p>Open Swim Waves 12-5pm</p>	<p>14</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 3 Lanes 5:30p-7:30p - 0 Lanes 7:30p-9:30p - 3 Lanes</p> <p><i>Closed 5:30-7:30pm for Programs</i></p>	<p>15</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-6:30p - 4 Lanes 6:30p-7:30p - 3 Lanes 7:30p-9:30p - 6 Lanes</p>	<p>16</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 4 Lanes 5:30p-6:30p - 3 Lanes 6:30p-9:30p - 5 Lanes</p>	<p>17</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-8:00p - 3 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim 4-8pm</p>	<p>18</p> <p>5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-4:00p - 6 Lanes 4:00p-8:00p - 0 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim Waves 4-8pm</p>	<p>19</p> <p>7:00a-8:30a - 6 Lanes 8:30a-10:30a - 0 Lanes 10:30a-11:00a - 3 Lanes 11:00a-12:00p - 4 Lanes 12:00p-7:00p - 0 Lanes 7:00p-8:00p - 6 Lanes</p> <p><i>Closed 8:30-10:30am for Programs</i></p> <p>Open Swim Waves 12-7pm</p>
<p>20</p> <p>9:00a-12:00p - 5 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 6 Lanes</p> <p>Open Swim Waves 12-5pm</p>	<p>21</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 3 Lanes 5:30p-7:30p - 0 Lanes 7:30p-9:30p - 3 Lanes</p> <p><i>Closed 5:30-7:30pm for Programs</i></p>	<p>22</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-6:30p - 4 Lanes 6:30p-7:30p - 3 Lanes 7:30p-9:30p - 6 Lanes</p>	<p>23</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-4:00p - 6 Lanes 4:00p-5:30p - 3 Lanes 5:30p-7:30p - 0 Lanes 7:30p-9:30p - 3 Lanes</p> <p><i>Closed 5:30-7:30pm for Programs</i></p>	<p>24</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-4:00p - 6 Lanes 4:00p-8:00p - 3 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim 4-8pm</p>	<p>25</p> <p>5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-4:00p - 6 Lanes 4:00p-8:00p - 0 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim Waves 4-8pm</p>	<p>26</p> <p>7:00a-8:30a - 6 Lanes 8:30a-10:30a - 0 Lanes 10:30a-11:00a - 3 Lanes 11:00a-12:00p - 4 Lanes 12:00p-7:00p - 0 Lanes 7:00p-8:00p - 6 Lanes</p> <p><i>Closed 8:30-10:30am for Programs</i></p> <p>Open Swim Waves 12-7pm</p>
<p>27</p> <p>9:00a-12:00p - 5 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 6 Lanes</p> <p>Open Swim Waves 12-5pm</p>	<p>28</p> <p>MEMORIAL DAY HOLIDAY Lodge Hours: 7am-8pm</p> <p>7:00a-12:00p - 6 Lanes 12:00p-7:00p - 0 Lanes 7:00p-8:00p - 6 Lanes <i>No Programs</i></p> <p>Open Swim Waves 12-7pm</p>	<p>29</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-1:00p - 6 Lanes 1:00p-4:00p - 0 Lanes 4:00p-6:30p - 4 Lanes 6:30p-7:30p - 3 Lanes 7:30p-9:30p - 6 Lanes</p> <p>Open Swim Waves 1-4pm</p>	<p>30</p> <p>5:30a-9:00a - 6 Lanes 9:00a-11:00a - 3 Lanes 11:00a-1:00p - 6 Lanes 1:00p-6:30p - 3 Lanes 6:30p-7:30p - 6 Lanes 7:30p-8:30p - 3 Lanes 8:30p-9:30p - 6 Lanes</p> <p>Open Swim 1-4pm</p>	<p>31</p> <p>5:30a-8:30a - 6 Lanes 8:30a-10:30a - 3 Lanes 10:30a-1:00p - 6 Lanes 1:00p-4:00p - 0 Lanes 4:00p-8:00p - 3 Lanes 8:00p-9:30p - 6 Lanes</p> <p>Open Swim Waves 1-4pm Open Swim 4-8pm</p>	<p>CHECK OUT THE OTHER SIDE FOR MORE INFORMATION!</p> <p>REVISED: 4/19/18</p>	
<p>The Lodge Des Peres - www.TheLodgeDesPeres.com - 314.835.6150 - 1050 Des Peres Road, Des Peres, Missouri 63131</p>						

AQUATIC CENTER RULES AND REGULATIONS

Our goal is to provide a safe and fun environment with extraordinary customer service for every guest. Staff reserves the right to enforce other rules which may not be listed to maintain a safe and healthy aquatic environment. Please help us achieve this goal by adhering to the following policies:

General Aquatic Facility Policies

- For your safety, American Red Cross certified lifeguards are on duty at all times. Please obey lifeguards at all times. Staff reserves the right to ask patrons to discontinue use of the facility for safety reasons.
- Children under the age of 9 must be accompanied at all times by a responsible person age 15 or older. All children under the age of 9 and all persons not able to swim independently must remain within arms' reach of a swimming adult.
- United States Coast Guard-approved lifejackets are the only acceptable outside floatation device and are available to borrow in the bins provided. Noodles, floaties, rafts, etc., are not permitted.
- Persons with an open wound, rash or infectious communicable disease will not be admitted into the pool. Anyone who has experienced a stomach or intestinal illness within the past two weeks should not enter the water.
- Swim diapers under swimsuits are required for those who are diaper dependent. Baby swim diapers are available for purchase at the Front Desk.
- Please shower before using the pools.
- Proper swimsuit attire is required; loose fitting clothes are not permitted due to entrapment hazards. Please refrain from wearing street shoes on beach areas.
- No roughhousing, horseplay or running.
- Diving is not permitted anywhere in the aquatic center.
- Prolonged underwater swimming or breath-holding may lead to shallow water blackouts.
- Food and drink are permitted in concession areas only. Glass is not permitted. Due to choking hazards, please refrain from chewing gum while swimming.
- During periods of low attendance, attractions may be closed.

WATER WADDLERS

Enjoy a morning of fun at the indoor tot pool with your friends, neighbors and children. This program is designed for children, ages 6 and under, accompanied by a parent/guardian who is able to remain in the water with the child. Splash and play with your little ones in this great morning activity! No pre-registration required; this is a first come, first serve activity. Once we have reached 25 children, no additional children will be admitted. Cost is per child. **In the event of inclement weather, please visit our website at www.TheLodgeDesPeres.com.**

Ages: 6 and under with parent/guardian

Days: Wednesday, Thursday and Friday

Dates: January 3 - May 25, 2018*

Time: 10:30 a.m. - 12 p.m.

Location: Lodge Indoor Tot Pool

Cost: FREE/Parent or Guardian; FREE/Member Child;
\$5/Resident Child; \$7/Non-Resident Child

*Outdoor Water Waddlers begins Monday - Friday,
May 29 - August 10, 9:30 - 10:30 a.m. (No program 7/4)

LAP SWIMMING ETIQUETTE

The Aquatic Center strives to provide an atmosphere that welcomes swimmers of all ages and abilities to use the facility for a variety of aquatic fitness needs. Please be courteous to other swimmers and remember to share lanes, especially during high volume times.

Lane Designations - We have designated lanes for slow, medium and fast swimmers. When choosing a lane, join with a swimmer who matches your speed, then notify the swimmer that you are joining them. Lodge staff may ask lap swimmers to change lanes as needed.

Ask Questions - Ask the lifeguard for help if you would like to know how long workouts have been in progress or what lane matches your workout level.

Treading Water - If you are treading water, please be mindful of other swimmers and choose a slow lane to tread in. You must be treading continuously back and forth.

Water Walking - Water walking is not allowed in the lap swimming lanes. Please use the shallow area outside of the lap lanes for water walking.

Sharing Lanes - Two swimmers: May each take one side of the lane. Three or more swimmers must circle swim.

Circle Swimming - Swim on the right side of the lane leaving the center of the lane open for passing. If you need to pass a fellow swimmer indicate this by tapping the person on their foot and then quickly pass in the middle of the lane, being cautious of oncoming swimmers.

Joining a Workout - If there is a workout set in progress, you may only join as part of the set.

Speed - Slower swimmers must yield to faster swimmers.

Passing - Pass on the left by gently tapping the swimmer on their foot.

Ages - Lap swimming is for all ages as long as you are continuously swimming.

POOL FUN FACTS

25 yard lap lane pool

**13 Laps around the pool deck is equal to one mile;
Pool Temperature: 84°; Hot Tub Temperature: 104°**

INDOOR POOL OPEN SWIM SCHEDULE

MAY 26 - AUGUST 5

Monday: 1 - 4 p.m. Open Swim, NO Waves

Tuesday: 1 - 4 p.m. Open Swim Waves

Wednesday: 1 - 4 p.m. Open Swim, NO Waves

Thursday: 1 - 4 p.m. Open Swim Waves

Thursday: 4 - 8 p.m. Open Swim, NO Waves

Friday: 1 - 8 p.m. Open Swim Waves

Saturday: 12 - 7 p.m. Open Swim Waves

Sunday: 12 - 5 p.m. Open Swim Waves

OUTDOOR POOL HOURS

MAY 26 - AUGUST 12

Monday-Thursday: 11 - 7:30 p.m.**

Friday: 11 - 8:30 p.m.*

Saturday: 11 - 7:30 p.m.

Sunday: 11 - 6 p.m.

POOL OPEN REGULAR HOURS ON MEMORIAL DAY AND LABOR DAY

**POOL WILL CLOSE EARLY ON 6/15/18 AT 7:30 P.M. FOR A SPECIAL EVENT*

***ADJUSTED HOLIDAY HOURS ON 7/4/18 11 A.M. - 5 P.M.*