SEPTEMBER 2016

When to Swim - Indoor Pool

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim: Wave Pool, Tot Pool and Slide are open; NO WAVES **Open Swim Waves:** Wave Pool, Tot Pool and Slide are open; WAVES ON	**HOT TUB CLOSED FOR CLEANING** Wednesdays: 8:30-9:30 p.m. **TOT POOL CLOSED except during Water Waddlers and Open Swim.** ***Management reserves the right to open or close additional lap lanes as needed for staff training or programs.**			1 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 **Open Swim 4-8pm**	2 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 **Open Swim Waves 4-8pm**	3 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 **Closed 8:30-10:30am for Programs** **Open Swim Waves 12-7pm**
4 9:00a-12:00p - 5 Lanes **12:00p-5:00p - 0 Lanes** 5:00p-6:00p - 6 Lanes **Open Swim Waves 12-5pm**	5 **Labor Day Holiday** **Lodge Hours: 7am-8pm** **No Programs** 7:00a-12:00p - 6 Lanes **12:00p-7:00p - 0 Lanes** 7:00p-8:00p - 6 Lanes **Open Swim Waves 12-7pm**	6 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	7 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 **Closed 5:30-7:30pm for Programs**	8 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 **Open Swim 4-8pm**	9 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 **Open Swim Waves 4-8pm**	10 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 **Closed 8:30-10:30am for Programs** **Open Swim Waves 12-7pm**
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Des Peres Parks and Recreation - www.TheLodgeDesPeres.com - 314.835.6150 - 1050 Des Peres Road, Des Peres, Missouri 63131

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.

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

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

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 call the Weather Hotline at 314.835.6138 or visit our website at www.TheLodgeDesPeres.com.

Ages: 6 and under with parent/guardian
Days: Wednesday, Thursday and Friday
Dates: September 14 - December 30 *(No program 11/24 & 11/25)*
Time: 10:30 a.m. - 12 p.m.
Location: Lodge Indoor Tot Pool
Cost: FREE/Parent or Guardian; FREE/Member Child; $5/Resident Child; $5/Non-Resident Child

Fall Indoor Pool Open Swim Schedule

Thursday: 4 - 8 p.m. Open Swim, NO Waves
Friday: 4 - 8 p.m. Open Swim Waves
Saturday: 12 - 7 p.m. Open Swim Waves
Sunday: 12 - 5 p.m. Open Swim Waves

Outdoor Pool Schedule August 15 - September 5

Monday – Friday: CLOSED
Saturday: 11 a.m. – 7:30 p.m.
Sunday: 11 a.m. – 6 p.m.
Monday, Labor Day: 11 a.m. – 7:30 p.m.