



AUGUST 2019

When to Swim - Pool Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>OPEN SWIM (WAVES) Wave Pool, Tot Pool and Slide are open; WAVES ON OPEN SWIM: Main Pool, Tot Pool and Slide are open; NO WAVES <i>*Management reserves the right to open or close additional lap lanes as needed for staff training or programs*</i> Check out the other side for more information! <i>REVISED 7/19/19</i></p>			<p>1 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 Indoor: 1-4pm (waves) Indoor: 4-8pm Outdoor: 11am-7:30pm</p>	<p>2 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-1:00p - 6 Lanes 1:00p-8:00p - 0 Lanes 8:00p-9:30p - 6 Lanes</p> <p>OPEN SWIM Indoor: 1-8pm (waves) Outdoor: 11am-8:30pm</p>	<p>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</p> <p><i>Closed for Programs 8:30-10:30am</i></p> <p>OPEN SWIM Indoor: 12-7pm (waves) Outdoor: 11am-7:30pm</p>	<p>4 9:00a-12:00p - 5 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 6 Lanes</p> <p>OPEN SWIM Indoor: 12-5pm (waves) Outdoor: 11am-6pm</p>
<p>5 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Water Waddlers: 9:30-10:30am</p> <p>Outdoor Pool Hours: 11am-7:30pm</p> <p>River Walking: 9-10:30am & 7:45-8:45pm</p>	<p>6 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Water Waddlers: 9:30-10:30am</p> <p>Outdoor Pool Hours: 11am-7:30pm</p> <p>River Walking: 9-10:30am & 7:45-8:45pm</p>	<p>7 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Water Waddlers: 9:30-10:30am</p> <p>Outdoor Pool Hours: 11am-7:30pm</p> <p>River Walking: 9-10:30am & 7:45-8:45pm</p>	<p>8 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Water Waddlers: 9:30-10:30am</p> <p>Outdoor Pool Hours: 11am-7:30pm</p> <p>River Walking: 9-10:30am & 7:45-8:45pm</p>	<p>9 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Water Waddlers: 9:30-10:30am</p> <p>Outdoor Pool Hours: 11am-8:30pm</p> <p>River Walking: 9-10:30am</p>	<p>10 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Pool Hours: 11am-7:30pm</p> <p>River Walking: 9:30-10:30am</p>	<p>11 INDOOR POOL CLOSED FOR MAINTENANCE</p> <p>Outdoor Pool Hours: 11am-6pm</p> <p>River Walking: 9:30-10:30am</p>
<p>12 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-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 for Programs 5:30-7:30pm</i></p>	<p>13 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>14 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-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 for Programs 5:30-7:30pm</i></p>	<p>15 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 Indoor: 4-8pm Outdoor: Closed</p>	<p>16 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 Indoor: 4-8pm (waves) Outdoor: Closed</p>	<p>17 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 for Programs 8:30-10:30am</i></p> <p>OPEN SWIM Indoor: 12-7pm (waves) Outdoor: 11am-7:30pm</p>	<p>18 9:00a-12:00p - 5 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 6 Lanes</p> <p>OPEN SWIM Indoor: 12-5pm (waves) Outdoor: 11am-6pm</p>
<p>19 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-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 for Programs 5:30-7:30pm</i></p>	<p>20 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>21 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-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 for Programs 5:30-7:30pm</i></p>	<p>22 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 Indoor: 4-8pm Outdoor: Closed</p>	<p>23 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 Indoor: 4-8pm (waves) Outdoor: Closed</p>	<p>24 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 for Programs 8:30-10:30am</i></p> <p>OPEN SWIM Indoor: 12-7pm (waves) Outdoor: 11am-7:30pm</p>	<p>25 9:00a-12:00p - 5 Lanes 12:00p-5:00p - 0 Lanes 5:00p-6:00p - 6 Lanes</p> <p>OPEN SWIM Indoor: 12-5pm (waves) Outdoor: 11am-6pm</p>
<p>26 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-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 for Programs 5:30-7:30pm</i></p>	<p>27 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>28 5:30a-9:00a - 6 Lanes 9:00a-12:00p - 3 Lanes 12:00p-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 for Programs 5:30-7:30pm</i></p>	<p>29 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 Indoor: 4-8pm Outdoor: Closed</p>	<p>30 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 Indoor: 4-8pm (waves) Outdoor: Closed</p>	<p>31 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 for Programs 8:30-10:30am</i></p> <p>OPEN SWIM Indoor: 12-7pm (waves) Outdoor: 11am-7:30pm</p>	<p>SEE REVERSE SIDE FOR MORE INFORMATION! <i>REVISED: 7/19/19</i></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.

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°

WATER WADDLERS

Spend quality time splashing and playing with your little ones during this great morning activity before it gets too hot! 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. No pre-registration required; this is a first come, first serve activity. Participants must enter through the Outdoor Pool entrance. For safety reasons, we must clear the entire pool and deck 30 minutes prior to the outdoor pool opening to prepare for public swim. Cost is per child. **In case of inclement weather, visit www.desperesmo.org/weather.** Maximum 50

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

Age: 6 and under with parent/guardian

Day: Monday - Friday

Time: 9:30 - 10:30 a.m.

Session: May 28 – August 9

Location: Lodge Outdoor Splashpad and Lower Pool

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.

INDOOR & OUTDOOR SUMMER

OPEN SWIM POOL SCHEDULE

Check specific dates on August When to Swim Pool Schedule for indoor and outdoor open swim times (reverse side). Because most of our staff returns to school, the Outdoor Aquatic Center will have adjusted hours.

OUTDOOR RIVER WALKING

Join us at the outdoor pool in the not-so-lazy river for a surprisingly intense, but gentle workout. Go at your own pace and bring your friends (no instructor provided). Approximately 10.5 laps around is a mile. Participants must enter through the Outdoor Pool entrance. No refunds or make-ups for rain dates. Please do not block the progress of other users - stay to the right and leave the center for passing. For safety reasons, please wait until a lifeguard arrives before entering the river. Additionally, we must clear the entire pool and deck 30 minutes prior to the outdoor pool opening to prepare for public swim. In case of inclement weather, visit www.desperesmo.org/weather. **Daily passes, Flex passes or Wet-N-Sweat cards cannot be used.** Maximum 60

Cost: FREE/Member; \$5/Resident; \$7/Non-Resident

Age: 16+

Time: Monday - Thursday, 9 - 10:30 a.m.; 7:45 - 8:45 p.m.
Friday, 9 - 10:30 a.m.

Saturday and Sunday, 9:30 - 10:30 a.m.

Session: May 28 - August 11; August 17, 18, 24, 25

Location: Lodge Outdoor Pool Lazy River