



All guests 18 and over must purchase Guest Passes: M – F 8am to 3pm at the CA OFFICE
After hours and Weekends FITNESS CENTER

CHILDREN HOURS: Children 3 – 17 Years**Outdoor Pool:** 11 AM – 1 PM

3 PM – 5 PM

Indoor Pool:

3 PM – 5 PM

(Children utilize Lane 1 only during hours)

Extended hours for children during the following holidays:***** **Memorial Day, July 4th and Labor Day** *****

Outdoor Pool 3 PM – Dusk

- Water volleyball club meets Monday, Wednesday & Fridays 5-7pm.
- Lap swimming is not allowed when pool is crowded or when a club is using the area.
- No children under the age of three (3). No children's pools are allowed in pool area.
- Individuals with Colostomy Bags, open sores, **bandages**, diapers (child or adult), or wounds **NOT** permitted.
- People with Health problems, using Alcohol, Narcotics or other Drugs that cause drowsiness should not use pool or spa without first consulting a doctor.
- **Showers are required** before entering the water.
- **Shoulder-length hair must be confined** by effective means.
- **Swimwear Only** with the exception of shirt cover ups. **No Street Clothes Permitted in the Pool at any time.**
- No lifeguard or Association representative on duty. All bathers use the pools at their own risk. The "Buddy System" is encouraged at all times.
- Please govern yourself. Neither the SCC Community Association nor its representatives accept responsibility for the behavior, conduct or any unfortunate accident at the pool facility.
- Adults need to govern their children at all times and must keep any eye on them for safety and adherence to all Rules & Regulations.
- Pool Attendants have authority to enforce Rules & Regulations. Non-compliance can lead to pool usage being restricted and/or denied.
- **Decisions made by the Association representative regarding the Pool Policy and Pool Rules will prevail on all issues including safety, sanitation and decorum.**
- **Exit Pools in the event of thunder and lighting.**
- No Food, Drink within four (4) feet from the pool(s) edge (Except Water in clear plastic containers only). No glass within entire pool area.
- Indoor & Outdoor Pool bathing capacity 74 persons.
- No Animals allowed in pool area except for service animals.
- No floats or rafts allowed. **Foam Noodles Only**, Maximum 3' in diameter. No throwing of any large objects.

Pools are for the use of Community Association Members and their guests. Please see pool schedule for specific club use.

| POOL HOURS - Day | POOL HOURS - Location | POOL HOURS - Time |
|------------------|-----------------------|-------------------|
| Monday | Indoor/Lap/Spa | 6:00 AM – 7:30 PM |
| Tuesday | Indoor/Lap/Spa | 6:00 AM – 9:00 PM |
| Wednesday | Indoor/Lap/Spa | 6:00 AM – 7:30 PM |
| Thursday | Indoor/Lap/Spa | 6:00 AM – 9:00 PM |
| Friday | Indoor/Lap/Spa | 6:00 AM – 9:00 PM |
| Saturday | Indoor/Lap/Spa | 6:00 AM – 9:00 PM |
| Sunday | Indoor/Lap/Spa | 6:00 AM – 9:00 PM |

| DAY | LOCATION | TIME |
|-----------|------------------|-------------------|
| Monday | Exercise/Walking | 6:00 AM – 9:00 PM |
| Tuesday | Exercise/Walking | 6:00 AM – 9:00 PM |
| Wednesday | Exercise/Walking | 6:00 AM – 9:00 PM |
| Thursday | Exercise/Walking | 6:00 AM – 9:00 PM |
| Friday | Exercise/Walking | 6:00 AM – 9:00 PM |
| Saturday | Exercise/Walking | 6:00 AM – 9:00 PM |
| Sunday | Exercise/Walking | 6:00 AM – 9:00 PM |



| DAY | LOCATION | TIME |
|-----------------|----------------------|-------------------|
| Monday – Sunday | Outdoor Pool and Spa | Sunrise to Sunset |

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INDOOR LAP POOL

Special Times:

- Children 3-17 (when too cold or raining for swimming outside) may use 1st lanes from 3pm – 5pm.
CHILDREN UNDER THREE (3) NOT PERMITTED.
- Water exercise* is from 10am - 11am in shallow half of pool; every day except Sunday.
- Deep water exercise* is from 9am - 10am in deep half of pool; meets Monday - Friday.
- Swim Dancers* meet Monday and Wednesday evening from 7:00pm - 9pm and from 7am - 9am on Friday morning. The pool and indoor spa are closed at this time.
- Master Swimmers* use the lap pool from 6am - 9am on Tuesday, Thursday, Saturday and Sunday. The pools are closed to others at this time. When *Master Swimmers* finish early, the pool is available for others to use.
- Only **Foam Noodles** 3 'maximum in diameter are allowed in Indoor Lap Pool – LANE 1 ONLY. Floats/rafts are not allowed.
- Walking is not allowed when pool is crowded. Lap swimmers have priority in all lanes.
- Pool Open:
Monday - Sunday 6am – **NOTE:** Check Club hours for scheduled events
- Pool Closed:
Monday and Wednesday will close to the public at 7:30pm
Tuesday, Thursday, Friday, Saturday, Sunday 9pm

EXERCISE POOL

Pool Open: Monday - Friday 6am
 Saturday and Sunday 6am

Arthritis classes meet at 1pm - 2pm on Tuesday and Friday – Pool closed to public.

All Indoor Pools Close at 9pm

SPA/INDOOR POOL

Open: Monday - Fridays 6am
 Saturday and Sunday 6am

Closed: Monday and Wednesday 7:30pm
 Wednesday, when no *Swim Dancers*, pool is closed at 9pm.
 Tuesday, Thursday, and Saturday 9pm

SPA/OUTDOOR Monday - Sunday Sunrise to Sunset

No Children are allowed in Exercise Pool, Outdoor Spa or Fitness Center

Fitness Center Hours: 6 a.m. – 8 p.m. (Closed Thursday 1:00 – 2:15 p.m. for cleaning)

NO DIVING / RUNNING / JUMPING