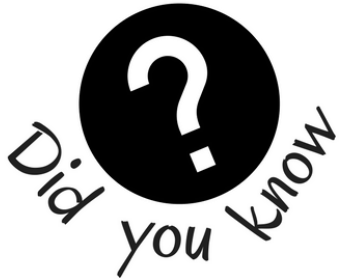


# Top 5 Rules You Should Know Before You Visit:



*Drowning is the 2nd leading cause of death to children under the age of five. As such, swimming pools across the country take many precautions to ensure the safety of guests visiting the facility. The rules listed below were created through evidence-based research designed to provide a safe and enjoyable swimming experience. Should you have any questions about the rules, please reach out to an Aquatic Supervisor at [lsilins@perinton.org](mailto:lsilins@perinton.org) (Laura) or [pkelly@perinton.org](mailto:pkelly@perinton.org) (Paul).*

1. *Swimwear MUST be worn* in aquatic center even if you are not swimming. Cotton shirts, gym/ basketball shorts, camisoles, tank tops, etc. will not be allowed. Staff must be able to *see the top or bottom of your swimsuit at all times* should you choose to wear a cover-up on the deck. *You will be asked to leave if you do not have proper swimwear.*
2. Guests *ages 4 and under must* have a *2:1 ratio with an adult (18+)* who is *within an arms reach* of the child at all times.
3. Guests *ages 11 and under must* have an adult (18+) accompany them in the aquatic center at all times.
4. Only *Coast Guard approved, properly fitting* Personal Flotation Devices (PFDs) are permitted in the aquatic center. *Guests ages 4 and under using a PFD must still be 2:1* with an adult and within an arms reach at all times.
5. Guests *ages 5 and under are not permitted in the spa.* Those guests *between the age of six and twelve must have an adult (18+)* accompany them in the spa.

*-pool schedule on next page-*



# Lap/Instructional Pool Schedule: 10/28/18 - 12/22/18

Sunday, October 28th, 2018-Saturday December 22, 2018

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                             |
|--|---|---|---|--|---|--------------------------------------|
| Closed   | 6:00AM-7:30AM<br>1/2 Pool Lap Swim              | 6:00AM-8:00AM<br>Lap Swim Only                      | 6:00AM-7:30AM<br>1/2 Pool Lap Swim                          | 6:00AM-8:00AM<br>Lap Swim Only                   | 6:00AM-7:30AM<br>1/2 Pool Lap Swim                  | Closed                               |
|  | 6:00AM-7:30AM<br>1/2 Pool<br>G.V. Masters Swim  | 8:00AM-8:55AM<br>Aqua Fit                           | 6:00AM-7:30AM<br>1/2 Pool<br>G.V. Masters Swim              | 8:00AM-8:55AM<br>Aqua Fit (ex. 11/22)            | 6:00AM-7:30AM<br>1/2 Pool<br>G.V. Masters Swim      | 7:00AM-9:00AM<br>Lap Swim Only       |
|  | 7:30AM-9:00AM<br>Lap Swim                       | 9:00AM-10:00AM<br>Lap Swim Only                     | 7:30AM-9:00AM<br>Lap Swim Only                              | 9:00AM-11:30AM<br>Lap Swim/Open<br>Swim/Lessons  | 7:30AM-9:00AM<br>Lap Swim Only                      | 9:00AM-12:00PM<br>Closed for Lessons |
| 9:00AM-9:45AM<br>Lap Swim                              | 9:00AM-10:00AM<br>Total Body Aqua               | 10:00AM-11:00AM<br>Intro to Competitive<br>Swimming | 9:00AM-10:00AM<br>Heat Up the Pool (ex.<br>11/21)           |  | 9:00AM-10:00AM<br>Dual Aqua Aerobics<br>(ex. 11/23) |                                      |
| 9:45AM-12:00PM<br>1/2 Lap Swim;<br>1/2 Private Lessons | 10:05AM-11:30AM<br>Lap Swim/Open Swim           | 11:00AM-1:00PM<br>1/2 Lap Swim                      | 10:00AM-11:00AM<br>Bodies in Motion                         | 11:30AM-1:00PM<br>1/2 Lap Swim                   |   | 12:00PM-6:00PM<br>Open Swim          |
|  | 11:30AM-1:00PM Lap<br>Swim                      | 11:30AM-1:00PM<br>1/2 Pool<br>G. V. Masters Swim    | 11:05AM-1:00PM<br>Lap Swim                                  | 11:30AM-1:00PM<br>1/2 Pool<br>G. V. Masters Swim | 10:05AM-11:00AM<br>Let's Get Moving (ex.<br>11/23)  |                                      |
| 12:00PM-5:00PM<br>Open Swim/BD<br>parties              | 1:00PM-5:25PM<br>Open Swim/Private<br>Lesson    | 1:00PM-4:15PM<br>Open/Lap Swim                      | 1:00PM-5:30PM<br>Open Swim/Private<br>Lessons               | 1:00PM-4:15PM<br>Open/Lap Swim                   | 11:00AM-1:00PM<br>Lap Swim Only                     | 12:00PM-6:00PM<br>Open Swim          |
|  | 5:25PM-6:30PM<br>Lessons                        | 4:15PM-6:30PM<br>Lessons                            | 5:30PM-6:15PM<br>Dual at Dusk<br>(ex. 11/7,<br>11/28,12/12) | 4:15PM-6:30PM<br>Lessons                         | 1:00PM-8:00PM<br>Open Swim/Private<br>Lessons       |                                      |
|  | 6:30PM-7:15PM<br>Aqua Fit                       | 6:30PM-7:15PM<br>Deep Water<br>Challenge            | 6:15PM-7:30PM<br>Lap Swim/Open Swim                         | 6:30PM-7:15PM<br>Aqua Boot Camp                  |   |                                      |
| Closed   | 7:15PM-9:00PM<br>1/2 Pool<br>G. V. Masters Swim | 7:15PM-9:00PM<br>Lap Swim/Open Swim                 | 7:30PM-9:00PM<br>1/2 Pool<br>G. V. Masters Swim             | 7:15PM-9:00PM<br>Lap Swim/Open Swim              | 8:00PM-9:00PM<br>1/2 Pool Open Swim                 | Closed                               |
|  | 7:15PM-9:00PM<br>1/2 Lap Swim                   |   | 7:30PM-9:00PM<br>1/2 Lap Swim                               |  | 8:00PM-9:00PM<br>1/2 Pool Lap Swim                  |                                      |

Highlighted times indicate pool closure. Lane lines/ICEBERG vary based on facility use. Schedule subject to change; check website for updates:  
<http://www.perinton.org/departments/recreation/schedules>