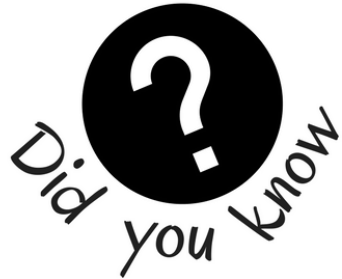


Top 5 Rules You Should Know Before You Visit:



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 (Laura) or 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: 10/21/19 - 11/24/19

Monday, October 21st, 2019 - Sunday, November 24th 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:00AM-7:30AM 1/2 Pool Lap Swim	6:00AM-8:00AM Lap Swim Only	6:00AM-7:30AM 1/2 Pool Lap Swim	6:00AM-8:00AM Lap Swim Only	6:00AM-7:30AM 1/2 Pool Lap Swim	Closed
9:00AM-9:45AM Lap Swim	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	8:00AM-8:50AM Aqua Fit	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	8:00AM-8:50AM Aqua Fit	6:00AM-7:30AM 1/2 Pool G.V. Masters Swim	7:00AM-9:00AM Lap Swim Only
9:45AM-12:00PM 1/2 Lap Swim; 1/2 Private Lessons	7:30AM-9:00AM Lap Swim 9:00AM-10:00AM Total Body Aqua (ex. 11/4)	8:55AM-10:00AM Lap Swim/Open Swim/Lessons 10:00AM-11:00AM Intro to Competitive Swimming	7:30AM-9:00AM Lap Swim 9:00AM-10:00AM Heat Up the Pool (Ex. 10/30)	8:55AM-10:00AM Lap Swim/Open Swim/Lessons 10:00AM-11:00AM Intro to Competitive Swimming	7:30AM-9:00AM Lap Swim 9:00AM-10:00AM Dual Aqua Aerobics (ex. 11/1)	
12:00PM-5:00PM Open Swim/BD Parties	10:05AM-11:30AM Adult Lap/Open Swim	11:00AM-1:00PM Adult Lap Swim	10:05AM-11:00AM Let's Get Moving (Ex. 10/30)	11:00AM-1:00PM Adult Lap Swim	10:05AM-11:00AM Let's Get Moving (ex/ 11/1)	9:00AM-12:00PM Closed for Lessons
	11:30AM-1:00PM Lap Swim		11:05AM-1:00PM Lap Swim		11:05AM-1:00PM Lap Swim	12:00PM-6:00PM Open Swim/BD Parties
	1:00PM-6:25PM Open Swim/Private Lessons	1:00PM-4:15PM Open Swim	1:00PM-7:30PM Open Swim/Private Lessons	1:00PM-4:15PM Open Swim	1:00PM-8:00PM Open Swim/BD Parties/Private Lessons	
		4:15PM-6:30PM Closed for Lessons		4:15PM-6:30PM Closed for Lessons		
6:30PM-7:15PM Deep Water Challenge	6:30PM-7:15PM Deep Water Challenge					
Closed	6:30PM-7:15PM Aqua Fit (ex. 11/11)	7:20PM-9:00PM 1/2 Pool Open Swim 1/2 Lap Swim	7:30PM-9:00PM 1/2 Pool G. V. Masters Swim	7:20PM-9:00PM 1/2 Pool Open Swim 1/2 Lap Swim	8:05PM-9:00PM 1/2 Pool Open Swim	
	7:30PM-9:00PM 1/2 Pool G. V. Masters Swim		7:30PM-9:00PM 1/2 Lap Swim	8:05PM-9:00PM 1/2 Pool Lap Swim	Closed	
	7:20PM-9:00PM 1/2 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>