

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Carpenter Recreation Center Pool	8-10 a.m. AO Lap Lanes Available Lazy River and Hot Tub	5:30-9 a.m. AO Lap Lanes Available Lazy River and Hot Tub 9 a.m.-10 a.m. AO Aqua Fitness Minimal Lap Lanes Available Lazy River and Hot Tub	5:30-10 a.m. AO Lap Lanes Available, Lazy River and Hot Tub	5:30-8 a.m. AO Lap Lanes Available Lazy River and Hot Tub 8 a.m.-10 a.m. AO Aqua Boot Camp 8-9 a.m. Aqua Fitness 9-10 a.m. Minimal Lap Lanes Available Lazy River and Hot Tub	5:30-10 a.m. AO Lap Lanes Available, Lazy River and Hot Tub	5:30-9 a.m. AO Lap Lanes Available Lazy River and Hot Tub 9 a.m.-10 a.m. AO Aqua Fitness Minimal Lap Lanes Available Lazy River and Hot Tub	8-9 a.m. AO Lap Lanes Available Lazy River and Hot Tub 9-10 a.m. AO Aqua Fitness Minimal Lap Lanes Available Lazy River and Hot Tub
	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides
	12-4 p.m. OS Ninja Cross™ 12-1:30 p.m. Climbing Wall 1:30-4 p.m.	12-4:30 p.m. OS	12-6 p.m. OS Ninja Cross™ 12-2 p.m.	12-4:30 p.m. OS	12-6 p.m. OS Ninja Cross™ 12-2 p.m.		
	4-5:30 p.m. AO Swim Lessons Minimal Lap Lanes Available Hot Tub	4:30-7 p.m. AO Swim Lessons Minimal Lap Lanes Available Hot Tub 7-8:30 p.m. MO Minimal Lap Lanes, Climbing Wall, Slide, All Pools, Hot Tub	6-8:30 p.m. MO Masters Swim Team 6:30-8 p.m. Minimal Lap Lanes All Pools and Hot Tub Slide Available	4:30-7 p.m. AO Swim Lessons Minimal Lap Lanes Available Hot Tub 7-8:30 p.m. MO Minimal Lap Lanes, Climbing Wall, Slide, All Pools, Hot Tub	6-8:30 p.m. MO Masters Swim Team 6:30-8 p.m. Minimal Lap Lanes All Pools and Hot Tub Slide Available	12-8:30 p.m. OS Ninja Cross™ 5-8:30 p.m.	12-5:30 p.m. OS Ninja Cross™ 12-1:30 p.m. Climbing Wall 1:30-5:30 p.m. Log Roll 2:30-5:30 p.m.
City Pool	12-5 p.m. OS	11:30 a.m.-6 p.m. OS	11:30 a.m.-6 p.m. OS	11:30 a.m.-6 p.m. OS	11:30 a.m.-6 p.m. OS	11:30 a.m.-6 p.m. OS	12-5 p.m. OS
Park Village Pool	10 a.m.-12 p.m. AO Lap Lanes Available	10 a.m.-12 p.m. AO One Lap Lane Lap Swim Only Swim Lessons 12-1 p.m. AO Lap Lanes Available	10 a.m.-12 p.m. AO One Lap Lane Lap Swim Only Swim Lessons 12-1 p.m. AO Aqua Fitness Minimal Lap Lanes Available	10 a.m.-12 p.m. AO One Lap Lane Lap Swim Only Swim Lessons 12-1 p.m. AO Lap Lanes Available	10 a.m.-12 p.m. AO One Lap Lane Lap Swim Only Swim Lessons 12-1 p.m. AO Aqua Fitness Minimal Lap Lanes Available	10 a.m.-12 p.m. AO One Lap Lane Lap Swim Only Swim Lessons 12-1 p.m. AO Lap Lanes Available	10 a.m.-12 p.m. AO Lap Lanes Available
	12-5 p.m. OS	1-6 p.m. OS	1-6 p.m. OS	1-6 p.m. OS	1-6 p.m. OS	1-6 p.m. OS	12-5 p.m. OS
Trail Winds Recreation Center Pool	8-10 a.m. AO Lap Lanes Available All Pools and Hot Tub	5:30-9 a.m. AO Lap Lanes Available All Pools and Hot Tub 9 a.m.-12 p.m. AO Swim Lessons One Lap Lane Available Lazy River and Hot Tub 12-1 p.m. AO Lap Lanes Available All Pools and Hot Tub	5:30-7:55 a.m. AO Lap Lanes Available All Pools and Hot Tub 8-9 a.m. AO Aqua Groove One Lap Lane Available All Pools and Hot Tub 9 a.m.-12 p.m. AO Swim Lessons Lazy River and Hot Tub One Lap Lane Available	5:30-9 a.m. AO Lap Lanes Available All Pools and Hot Tub 9 a.m.-12 p.m. AO Swim Lessons One Lap Lane Available Lazy River and Hot Tub 12-1 p.m. AO Lap Lanes Available All Pools and Hot Tub	5:30-7:55 a.m. AO Lap Lanes Available All Pools and Hot Tub 8-9 a.m. AO Aqua Groove One Lap Lane Available All Pools and Hot Tub 9 a.m.-12 p.m. AO Swim Lessons Lazy River and Hot Tub One Lap Lane Available	5:30-7:55 a.m. AO Lap Lanes Available All Pools and Hot Tub 8-9 a.m. AO Aqua Boot Camp One Lap Lane Available All Pools and Hot Tub 9 a.m.-12 p.m. AO Swim Lessons One Lap Lane Available Lazy River and Hot Tub 12-1 p.m. AO Lap Lanes Available All Pools and Hot Tub	8-9:30 a.m. AO Lap Lanes Available All Pools and Hot Tub 9:30 a.m.-12 p.m. AO Swim Lessons One Lap Lane Available Lazy River and Hot Tub
	10 a.m.-12 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	1-5 p.m. OS	1-5 p.m. OS	1-5 p.m. OS	1-5 p.m. OS		
	12-5:30 p.m. OS	5-8:30 p.m. MO Minimal Lap Lanes Available Aqua Fitness 6-7 p.m. All Pools and Hot Tub Slides Available	5-7:30 p.m. AO Swim Lessons One Lap Lane Available Lazy River and Hot Tub 7:30-8:30 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	5-8:30 p.m. MO Minimal Lap Lanes Available Aqua Fitness 6-7 p.m. All Pools and Hot Tub Slides Available	5-7:30 p.m. AO Swim Lessons One Lap Lane Available Lazy River and Hot Tub 7:30-8:30 p.m. MO Lap Lanes Available All Pools and Hot Tub No Slides	1-8:30 p.m. OS	12-5:30 p.m. OS

Adults Only = AO | Modified Open = MO | Open Swim = OS

Schedule subject to change.

POOL RULES FOR YOUR SAFETY

RULES THAT APPLY TO ALL THORNTON POOLS

1. All swimmers must shower before entering the pool area.
2. Children five years and younger are **NOT** allowed in the hot tub.
3. Everyone wishing to enter the pool area must pay admission fees. Children five years and younger must be accompanied into the water by a paying guardian 14 years or older and must remain within arms reach at all times. Children 6-8 years must be accompanied into the pool area by someone 12 years or older.
4. Diving is allowed in designated areas only. No diving is allowed in water less than five feet deep.
5. No running, dunking or excessive horseplay. No spins, flips or going backwards from the side of the pool.
6. No glass is allowed in the pool area or locker rooms.
7. No smoking, vaping, food, gum or candy allowed in the pool area or locker rooms. Water is permitted in the pool area. No alcohol or other beverages allowed.
8. Instructions of the lifeguard must be obeyed. If they see unsafe actions, they will address it, even if the action is not listed here.
9. For the safety of yourself and others please **DO NOT** use the pool or hot tub if you have a cold, diarrhea, excessive sunburn or unhealed abrasions
10. All swimmers must wear appropriate swim attire. Swim diapers are required for all toddlers and must be checked and changed often. Inappropriate swimwear such as street clothes and cut-off shorts will not be permitted.
11. Adult Lap time is for individuals 15 years and older. Those under the age of 15 must apply for approval to swim during Adult Lap times by contacting an Aquatics Specialist.
12. Mermaid tails/mono fins are prohibited for children; adults may use them with Pool Manager's approval.
13. No under water breath holding is allowed at any time.
14. Adults may **NOT** use the slide with their children or catch children at the bottom of the slides.
15. Youth ages 6-17 must be in a floatation tube while in the Lazy River.
16. Toys are permitted at the discretion of the manager on duty. Footballs are not allowed.

RULES THAT APPLY TO TRAIL WINDS RECREATION CENTER POOL ONLY

Maximum Weight and Minimum Height for Slides

- ◆ Inner Tube Slide: 250 lbs. maximum | 48" tall minimum
- ◆ Run Out Slide: 300 lbs. | 48" tall minimum

RULES THAT APPLY TO CARPENTER RECREATION CENTER POOL ONLY

Maximum Weight and Minimum Height for Slides

- ◆ Run Out Slide: 300 lbs. | 48" tall minimum

Steam Room & Sauna

- ◆ Only those people 15 years and older are permitted to use the steam room and sauna.
- ◆ No street shoes allowed in Sauna or Steam room.

Ninja Cross

- ◆ 275 lbs. maximum | 48" tall minimum
- ◆ One at a time and follow directions of lifeguards at all times.
- ◆ Participants must be able to swim unassisted.
- ◆ No floatation devices allowed.

Climbing Wall

- ◆ One at a time and follow directions of lifeguards at all times.
- ◆ Participants must be able to swim unassisted.
- ◆ No floatation devices allowed.
- ◆ Participants must enter the water before climbing.
- ◆ Participants must enter the water feet first when dropping from the climbing wall. No diving or flips. **NO EXCEPTIONS!**

PLEASE SEE THE SIGNS IN THE POOL AREA FOR SPECIFIC RULES FOR EACH AMENITY.