



TRAIL WINDS RECREATION CENTER SUMMER POOL SCHEDULE

Saturday, June 5 - Saturday, August 14, 2021

MONDAY

5:25-6:55 a.m.	MASTERS SWIM TEAM
7-9:30 a.m.	ADULTS ONLY Lap Lanes Available
8-9 a.m.	AQUA FITNESS (Activities Pool)
9:45 a.m.-12 p.m.	SWIM LESSONS One Lap Lane Available Lazy River and Hot Tub Adults Only
12-1 p.m.	ADULTS ONLY Lap Lanes Available
1-5 p.m.	OPEN SWIM Slides Open No Lap Lanes Available
5-7 p.m.	MODIFIED OPEN SWIM Slides Open Lap Lanes Available

TUESDAY/THURSDAY

7-9:30 a.m.	ADULTS ONLY Lap Lanes Available (7-8 a.m./9-9:30 a.m.)
8-9 a.m.	AQUA-ZUMBA (Lap Pool) No Lap Lanes Available
9:45 a.m.-12 p.m.	SWIM LESSONS One Lap Lane Available Lazy River and Hot Tub Adults Only
12-1 p.m.	ADULTS ONLY AIR LESSONS (Wellness Pool) Lap Lanes Available
1-4:45 p.m.	OPEN SWIM Slides Open No Lap Lanes Available
5-7 p.m.	SWIM LESSONS One Lap Lane Available Lazy River and Hot Tub Adults Only
7-7:40 p.m.	ADULT SWIM LESSONS ONLY Pool Closed
7:45-9:15 p.m.	MASTERS SWIM TEAM

WEDNESDAY

5:25-6:55 a.m.	MASTERS SWIM TEAM
7-9:30 a.m.	ADULTS ONLY Lap Lanes Available (7-8 a.m./9-9:30 a.m.)
8-9 a.m.	AQUA-BOOTCAMP (Lap Pool) No Lap Lanes Available

WEDNESDAY continued

9:45 a.m.-12 p.m.	SWIM LESSONS One Lap Lane Available Lazy River and Hot Tub Adults Only
12-1 p.m.	ADULTS ONLY AQUA FITNESS (Activities Pool) Lap Lanes Available
1-5 p.m.	OPEN SWIM Slides Open No Lap Lanes Available
5-7 p.m.	MODIFIED OPEN SWIM Slides Open Lap Lanes Available

FRIDAY

5:25-6:55 a.m.	MASTERS SWIM TEAM
7-9:30 a.m.	ADULTS ONLY Lap Lanes Available
8-9 a.m.	AQUA FITNESS (Activities Pool)
9:45 a.m.-12 p.m.	SWIM LESSONS One Lap Lane Available
12-1 p.m.	ADULTS ONLY Lap Lanes Available
1-7 p.m.	OPEN SWIM Slides Open No Lap Lanes Available

SATURDAY

8-10 a.m.	ADULTS ONLY Lap Lanes Available
8-9 a.m.	AQUA FITNESS (Activities Pool)
10 a.m.-12:15 p.m.	SWIM LESSONS One Lap Lane Available Lazy River and Hot Tub Adults Only
12:15-5 p.m.	OPEN SWIM Slides Open No Lap Lanes Available

SUNDAY

8-10 a.m.	ADULTS ONLY Lap Lanes Available
10 a.m.-12 p.m.	MODIFIED OPEN Lap Lanes Available
12-5 p.m.	OPEN SWIM Slides Open No Lap Lanes Available

TRAIL WINDS RECREATION CENTER POOL AREA POLICIES

All swimmers must shower before entering the pool area.

Appropriate swim attire only.
Inappropriate swim wear such as thongs and cut-off jeans will not be permitted.

Instructions of the life guards must be obeyed at all times.

Children five years and younger must be accompanied into the water by a parent or guardian, 14 years of age or older. Children ages six to eight years of age must be accompanied by someone 12 years or older.

For your safety and the safety of others, do not swim if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.

No running, dunking or excessive horseplay.

No spins, flips or entering backwards from the side of the pool.

Diving is not allowed in water less than five feet deep.

No underwater breath holding at any time.

No inner tube stacking in the pool.

No hanging or sitting on life or lane lines in the pool.

Toys and flotation devices permitted at the discretion of the Pool Manager on duty.

No glass is allowed in the pool area or locker rooms.

No alcohol, tobacco, e-cigarettes or marijuana use is permitted in the facility.

LAZY RIVER

Flotation tubes are required for individuals under the age of 18.

Children five and under must be in arms reach of an adult.

One person per inner tube.

No climbing on the islands.

No jumping from the deck into inner tubes.

FAILURE TO FOLLOW THESE RULES CAN RESULT IN SERIOUS INJURY.



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