

*Lanes left to right when standing in front of the healing pool and spa pool.

Monday	Lane 1	Lane 2	Lane 3	Lane 4
5:30-7:30am	Fitness Swim	Lap Swim	Lap Swim	Lap Swim
7:30-8:30am		Fitness Swim		
8:30-9:15am	Group Ex			
9:15-11:30am	Fitness swim			
11:30-12:15pm	Group Ex			
12:15-4:00pm	Fitness swim			
4:00-6:30pm	Swim Lessons			
6:30-7:15pm	Group Ex			
7:15-9:30pm	Fitness Swim	Lap Swim		

Healing Pool	
5:30-10:30am	Open
10:30-11:15am	Group Ex
11:15-1:30pm	Open
1:30-3:00pm	Share PT
3:00-4:00pm	Closed
4:00-4:30pm	Open
4:30-6:15pm	Group Ex
6:15-9:30pm	Open

Tuesday	Lane 1	Lane 2	Lane 3	Lane 4
5:30-7:30am	Fitness Swim	Lap Swim	Lap Swim	Lap Swim
7:30-8:30am		Fitness Swim		
8:30-9:15am	Group Ex			
9:30-10:15am	Group Ex			
10:15-3:00pm	Fitness Swim			
3:00-4:00pm	Lap Swim			
4:00-5:30pm	Swim Lessons			
5:30-6:15pm	Group Ex			
6:15-7:15pm	Swim Lessons			
7:15-9:30pm	Fitness Swim	Lap Swim		

Healing Pool	
5:30-9:30am	Open
9:30-12:15pm	Group Ex
12:30-2:00pm	Share PT
2:00-5:30pm	Open
5:30-7:00pm	Share PT
7:00-9:30pm	Open



Wednesday	Lane 1	Lane 2	Lane 3	Lane 4
5:30-7:30am	Fitness Swim	Lap Swim	Lap Swim	Lap Swim
7:30-8:30am		Fitness Swim		
8:30-9:15am	Group Ex			
9:15-12:15pm	Fitness Swim			
12:15-2:00pm	Fitness Swim	Lap Swim		
2:00-3:00pm	Lap Swim		Swim Lesson	
3:00-4:15pm	Fitness Swim		Lap Swim	
4:15-5:45pm	Swim Lessons		Swim Lesson	
5:45-6:30pm	Swim Lessons		Swim Lessons	
6:30-7:15pm	Lap Swim		Swim Lessons	
7:15-8:15pm	Fitness Swim		Lap Swim	
8:15-9:30pm	Lap Swim		Lap Swim	

Healing Pool	
5:30-10:30am	Open
10:30-11:15am	Group Ex
11:15-1:30pm	Open
1:30-3:00pm	Share PT
3:00-4:00pm	Closed
4:00-4:30pm	Open
4:30-7:15pm	Group Ex
7:30-9:30pm	Open

Thursday	Lane 1	Lane 2	Lane 3	Lane 4
5:30-7:30am	Fitness Swim	Lap Swim	Lap Swim	Lap Swim
7:30-8:30am		Fitness Swim		
8:30-9:15am	Group Ex			
9:30-10:15am	Group Ex			
10:15-4:15pm	Fitness Swim			
4:15-5:30pm	Swim Lessons			
5:30-6:30pm	Swim Lessons			
6:30-7:15pm	Group Ex		Swim Lesson	
7:15-9:30pm	Fitness Swim		Lap Swim	

Healing Pool	
5:30-9:30am	Open
9:30-12:15pm	Group Ex
12:15-3:00pm	Open
3:00-4:00pm	Closed
4:00-5:30pm	Open
5:30-7:00pm	Share PT
7:00-9:30pm	Open

Friday	Lane 1	Lane 2	Lane 3	Lane 4
5:30-7:30am	Fitness Swim	Lap Swim	Lap Swim	Lap Swim
7:30-8:30am		Fitness Swim		
8:30-9:15am	Group Ex			
9:15-11:30am	Fitness Swim			
11:30-12:15pm	Group Ex			
12:15-1:15pm	Fitness Swim		Swim Lesson	
1:15-3:30pm	Fitness Swim	Lap Swim		
3:30-5:00pm	Fitness Swim			
5:00-6:30pm	Family Swim			
6:30-7:30pm	Fitness Swim			

Healing Pool	
5:30-9:00am	Open
9:00-10:30am	Share PT
10:30-11:15am	Group Ex
11:15-12:15pm	Open
12:15-1:00pm	Group Ex
1:00-7:30pm	Open

NEW! Pool Schedule

Effective 1/9/12 till 3/11/12

Saturday	Lane 1	Lane 2	Lane 3	Lane 4
7:00-9:00am	Fitness Swim		Lap Swim	Lap Swim
9:00-9:45am	Group Ex			
10:00-1:00pm	Swim Lessons		Lap Swim	Lap Swim
1:00-2:00pm	Fitness Swim			
2:00-5:00pm	Family Swim			
5:00-6:30pm	Fitness Swim			

Healing Pool	
7:00-9:15am	Open
9:15-9:45am	Swim Lesson
9:45-6:30pm	Open

Sunday	Lane 1	Lane 2	Lane 3	Lane 4
7:00-10:00am	Fitness Swim		Lap Swim	Lap Swim
10:00-10:45am	Group Ex			
10:45-1:00pm	Fitness Swim		Lap Swim	Swim Lessons
1:00-3:00pm	Family Swim			
3:00-5:00pm	Family Swim			
5:00-6:30pm	Fitness Swim			Lap Swim

Healing Pool	
7:00am-6:30pm	Open

Policies, Procedures & Usage for The Aquatic Center at Cornerstone

- For safety reasons, it is the users responsibility to reset the spa pool jets.
- Showers are required before entering any of the pools.
- The Spa and Healing Pools are for adult (16 and up) use unless accompanied by an instructor or therapist.
- Food and glass containers are not permitted in the pool area.
- Running, rough play, and unsafe behavior are not permitted in the pool or on the pool deck.
- Utilization of pool space will be determined by management and enforced by staff.
- No diving allowed; diving instruction will be done in swim lessons.
- Equipment must be returned to the appropriate location.
- Children under 6 must use a provided flotation device and be accompanied by an adult in the water for Family Swim.
- Children ages 10-15 are permitted to swim laps during Family Swim only and must use good etiquette.
- In the event that thunder is heard or lightning is seen, the pool and entire pool area must be closed, cleared, and secure; activity may resume thirty minutes after the last observed lightning or thunder.

Other Information

The Pool Schedule: reflects current allotment of space for all groups. Swim lessons are available and utilize pool space throughout all hours of club operation. Shared time with physical therapy is noted on the schedule. PT clients have priority for space usage and staff will enforce this. All changes to the normal schedule for holidays, guest days, or in-service trainings, will be posted.

Water Exercise Classes: Lane lines will be moved by the lifeguard based on the scheduled allotment before class starts. Allotments are done on a quarterly basis using attendance averages. Other space in the pool is allotted for fitness swimming and lessons.

Lap Swimming: Lane splitting or circle swimming are required to accommodate all swimmers.

Fitness Swimming: All non-lap swimming activities including water walking and independent exercise are to be done in this space.

Pool Statistics: Pools close thirty minutes before the club. All temperatures are maintained electronically in the pump room.

Lap Pool: 25 yards long • approximately 72 lengths = 1 mile • approximate temperature range = 83-85 degrees
 Healing Pool: 320 square feet • max. capacity = 15 people • approximate temperature range = 93-95 degrees
 Whirlpool: 112 square feet • max. capacity = 11 people • approximate temperature range = 101-103 degrees

Cleaning, Water Treatment and Routine Maintenance: All three pools will close as needed for maintenance. Pools will be closed if chemical treatment of water is necessary due to levels outside of safe bathing ranges. Harsh chemicals will not be used while members and guests are swimming. There will be mild cleaning done during non-prime times (ex. Removing puddles from deck, polishing stainless steel, debris removal, etc.)



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