

Pool Schedule

Effective 11/12/2018 - 12/31/18

Swim Lessons and Aquatic Wellness Appointments utilize pool space throughout all hours of club operations.

*NO GROUP SWIM LESSONS 12/21 -12/31

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4
5:00-7:30am	Fitness Swim		Lap Swim	
7:30-8:30am	Fitness Swim		Lap Swim	
8:30-9:30am	Group E			
9:30-11:30am	Fitness Swim		Lap Swim	
11:30-12:30pm	Group Ex			
12:30-3:30pm			Lap Swim	
3:30-5:30pm	Fitness Swim	CB Swim Team Practice		
5:30 - 6:30pm			Lap Swim	
6:30-7:30pm	Group Ex		Lap Swim	
7:30-9:30pm	Fitness Swim		Lap Swim	
TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4
5:00-7:30am	Fitness Swim		Lap Swim	
7:30-8:30am	Fitness Swim		Lap Swim	
8:30-10:30am	Group Ex			
10:30-5:00pm	Fitness Swim		Lap Swim	
4:15-5:00pm	Swim Lessons			Swim Lessons
5:00-6:00pm	Swim Lessons			Swim Lessons
6:00-6:30pm	Swim Lessons			Swim Lessons
6:30-7:00pm	Fitness Swim		Lap Swim	
7:00-8:00pm	Group Ex			
8:00-9:30pm	Fitness Swim		Lap Swim	
WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4
5:00-7:30am	Fitness Swim		Lap Swim	
7:30-8:30am	Fitness Swim		Lap Swim	
8:30-9:30am	Group Ex			
9:30-3:30pm	Fitness Swim		Lap Swim	
3:30-5:30pm	Swim Lesson/ Fitness Swim	CB Swim Team Practice		
5:30-6:30pm			Lap Swim	
6:30-7:30pm	Group Ex		Lap Swim	
7:30-9:30pm	Fitness Swim		Lap Swim	
THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4
5:00-7:30am	Fitness Swim		Lap Swim	
7:30-8:30am	Fitness Swim		Lap Swim	
8:30-9:30 am	Group Ex			
9:30-10:30am	Group Ex			Lap Swim
10:30-4:15pm	Fitness Swim		Lap Swim	
4:15-5:00pm	Swim Lessons			Swim Lessons
5:00-6:00pm	Swim Lessons			Swim Lessons
6:00-6:30pm	Swim Lessons			Swim Lessons
6:30-7:00pm	Fitness Swim		Lap Swim	
7:00-8:00pm	Group Ex			Lap Swim
8:00-9:30pm	Fitness Swim		Lap Swim	
FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4
5:00-7:30am	Fitness Swim		Lap Swim	
7:30-8:30am	Fitness Swim		Lap Swim	
8:30-9:30am	Group Ex			
9:30-11:30am	Fitness Swim		Lap Swim	
11:30-12:30pm	Group Ex			
12:30-3:15pm			Lap Swim	
3:15 - 5:15pm	Fitness Swim	CB Swim Team Practice		
5:15-5:30pm	Swim Lessons/Fitness Swim		Lap Swim	
5:30-6:30pm	Family Swim		Lap Swim	
6:30-7:30pm	Fitness Swim		Lap Swim	

Healing Pool

5:00-9:30am	Open
9:30-11:15am	Group Ex
11:15-12:30pm	Open
12:30-1:15pm	Group Ex
1:30-9:30pm	Open

Healing Pool

5:00-10:30am	Open
10:30-12:15pm	Group Ex
12:15-6:30pm	Open
6:30-7:30pm	Swim Lesson
7:30-9:30pm	Open

Healing Pool

5:00-9:30am	Open
9:30-11:15am	Group Ex
11:15-6:30pm	Open
6:30-7:00pm	Swim Lesson
7:00pm-9:30pm	Open

Healing Pool

5:00-10:30am	Open
10:30-12:15pm	Group Ex
12:15-9:30pm	Open

Healing Pool

5:00-9:30am	Open
9:30-11:15am	Group Ex
11:15-12:00pm	Open
12:30-1:15pm	Group Ex
1:15-7:30pm	Open

Pool Schedule

Effective 11/12/2018 - 12/31/18

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4
7:00-9:00am	Fitness Swim		Lap Swim	Lap Swim
9:00-10:00am	Group Ex			
10:00-10:30am	Swim Lessons			
10:30-12:15pm	Swim Lessons			
12:15-1:30pm	Fitness Swim			
1:30-4:30pm	Family Swim			
4:30-5:30pm	Fitness Swim			
SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4
7:00-10:00am	Fitness Swim		Lap Swim	Lap Swim
10:00-11:00am	Group Ex			
11:00-12:30pm	Swim Lessons/Fitness Swim			
12:30-2:00pm	Swim Lessons/Fitness Swim			
2:00-4:30pm	Family Swim			
4:30-5:30pm	Fitness Swim			

Healing Pool

7:00-10:00am	Open
10:00-10:30am	Swim Lesson
10:30-5:30pm	Open

Healing Pool

7:00-5:30am	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 encouraged 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 only be done in swim lessons.
- Equipment must be returned to the appropriate location.
- 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.
- Street clothes are not permitted in the pools; appropriate swim wear is required.

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. Slight modifications may be made to accommodate the needs of members, participants, and/or guests. All ongoing changes to the schedule for holidays, guest days, or in-service trainings, will be posted.

Family Swim: A maximum of 2 children per adult is allowed. Children under 6 must use a provided flotation device and be accompanied by an adult in the water for Family Swim. Children ages 13-15 are permitted to swim laps during Family Swim only and must use good etiquette.

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.