



# AQUATIC CENTER SCHEDULE: Starting November 5, 2022

- Sauna/Steam Rooms and Spa are open during Aquatic Center hours of operation
- Schedule subject to change without notification due to staff availability

## ACTIVITY DESCRIPTIONS

**LAP SWIM:** At least one lane will be available. Lane sharing is expected and swimmers must circle swim counterclockwise or on their side of the lane. Swimmers must also swim or walk continuously while in a lane, since there is no stopping or standing in the middle of the lane. Life jackets and fitness equipment are not permitted; fins and hand paddles can be used when there are two or less swimmers in the lane. Guests wishing to swim laps must only come during designated lap swim times. Guests 11 and under must pass a swim test to swim in any pool alone, and are also expected to swim continuous laps. There is no playing in the lap lanes at any time.

**OPEN SWIM:** These Open Swim times are available for our members and daily drop-in guests. However, due to staffing levels, access to the Aquatic Center amenities may rotate between the Water Slide, Lazy River and Leisure Pool with spray features every 30 minutes.

**PARENT-TOT SWIM:** This is the best time for parents with small children ages 5 and under to enjoy the Leisure Pool. The Water Slide and Lazy River will not be open and the features will not be on during any swim or fitness classes.

**SWIM LESSONS:** The lap pool and leisure pool are open for lap swimming and swim lessons only. The hot tub and dry sauna and steam room will be available for use as well.

**RIVER WALK:** Open for river walking only. No equipment or instructor is used. Walking will be in one direction only, as directed by the lifeguard on duty. For safety, every 15 minutes lifeguards will direct participants to change direction. We strongly encourage guests to wear aqua shoes or white socks.

**LIMITED LAP LANES :** Lap Swim lanes may be limited at this time.

### Fitness Class Level Color Key:

- BEGINNER
- INTERMEDIATE
- INTERMEDIATE to ADVANCED

### Summit Aquatic Center Hours of Operation:

Monday-Friday 6:00am - 8:30pm  
Saturday-Sunday 7:00am - 7:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 7:00am-7:30pm	Lap Swim 6:00am-8:30pm	Lap Swim 6:00am-8:30pm	Lap Swim 6:00am-8:30pm	Lap Swim 6:00am-8:30pm	Lap Swim 6:00am-8:30pm	Lap Swim 7:00am-7:30pm
	Aqua Tone 8:30am-9:20am	Aqua Deep 8:30am-9:20am	Intense Aqua 8:30am-9:20am	Aqua Tone 8:30am-9:20am	River Walk 8:30am-9:20am	
	Arthritis Aqua 9:30am-10:20am	River Blast & Sculpt 9:30am-10:20am	Aqua Deep 9:30am-10:20am	Arthritis Aqua 9:30am-10:20am	Aqua Deep 8:30am-9:20am	Advanced River Blast & Sculpt 8:30am-9:40am
	Parent-Tot Swim 9:30am-11:30am	Gentle Aqua 10:30am-11:20am	Parent-Tot Swim 9:30am-11:30am	Gentle Aqua 10:30am-11:20am	River Blast & Sculpt 9:30am-10:20am	Limited Lap Swim Lanes Available 9am-12pm
Open Swim 1:00pm-4:00pm	Gentle Aqua 10:30am-11:20am	Aqua Fit 11:30am-12:20pm	Arthritis Aqua 10:30am-11:20am	Intense Aqua 11:30am-12:20pm	Parent-Tot Swim 9:30am-11:30am	Swim Lessons 9:00am-12:30pm
	Intense Aqua 11:30am-12:20pm	Open Swim 6:00pm-8:00pm	Aqua Fit 11:30am-12:20pm	Open Swim 6:00pm-8:00pm	Gentle Aqua 10:30am-11:20am	
	Swim Lessons 5:00pm-8:00pm		Swim Lessons 5:00pm-8:00pm		Swim Lessons 5:00pm-8:00pm	
	Limited Lap Swim Lanes Available 6pm-8pm	Limited Lap Swim Lanes Available 6pm-8pm	River Walk 6:00pm-7:00pm	Limited Lap Swim Lanes Available 6pm-8pm		Open Swim 1:00pm-4:00pm
			Limited Lap Swim Lanes Available 6pm-8pm			

Welcome to the Summit's Aquatic Center! For your health & safety, please remember:

1. Our lifeguards are trained to PREVENT accidents and perform basic first responder care. Direct and constant supervision of children is the responsibility of parents and adult guardians.
  - a. Children 11 and under are not permitted in the facility without a parent or guardian.
  - b. Children ages 14-17 may participate in Group Fitness classes after a fitness orientation and having a parent complete a consent form.
  - c. Children ages 12-13 may participate in Group Fitness classes if a parent is present and actively participating in class.
2. **S:10 Rule:** All children 11 and under must pass the swim test to be in the water unaccompanied by an adult. If your child cannot pass the swim test, an adult guardian must be in the water directly supervising the child from no more than 10 feet away. **Note:** Even if the child passes the test, the parent must stay in the Aquatic Center with them at all times.
  - a. The swim test is swimming 25 yards and treading water for 1 minute. Please see an aquatic supervisor to assist you with the swim test.
3. No running, diving or rough play at any time.
4. No breath holding games or breath holding training at any time.
5. Soap Showers are required for all swimmers before entering the water.
6. Guests are required to adhere to the swim suit policy.
  - All guests must wear a swim suit with a sewn in liner
  - Cover ups and burquinis are permitted for modesty purposes
  - Denim and other street clothes are not permitted
7. Street shoes are prohibited on the pool deck.
8. Absolutely no disposable diapers allowed, please use swim diapers.
9. All flotation items and life jackets brought into the Aquatic Center must be U.S.C.G. approved.
10. **Lap Pool:** Guests wishing to use the lap lanes must swim continuous laps and are subject to supervisor approval. Standing for prolonged periods or stationary exercising in the lap lanes is prohibited. During Lap Swim times guests 11 and under old must pass a swim test and will be expected to swim continuous laps. Life jackets are not permitted in lap lanes.
11. **Lazy River:** Guests under 42" tall must wear a life jacket and have an adult guardian in the Lazy River with them. Guests 42"-48" tall must wear a life jacket or pass the S:10 Swim Test. Guests must follow all posted Lazy River Rules.
12. **Water Slide:** Guests 42" and under are prohibited from using the water slide. Guests 42"-48" tall must wear a life jacket or pass the S:10 Swim Test. Guests must follow all posted Water Slide Rules.
13. **Spa, Sauna, Steam Room:** Guests must be 16 years or older to use the spa and 18 years or older to use the Sauna and Steam Room. For guest's health and safety, uses should be limited to 10 minutes at a time.
14. The Aquatic Center schedule is subject to change without prior notice due to reasons beyond our control. A number of other rules and guidelines are posted in the Aquatic Center. Summit on the Park employees have the authority to enforce any policy that will help ensure the safety or enjoyment of guests and staff.

**BEGINNER Level Classes:** These classes are suitable for individuals who have not been active for some time, including those who are sedentary or recovering from injury or illness. Classes feature simple movements and lower intensity workouts with a focus on proper technique and form.

**Arthritis Aqua: (BB, SEN)** The support of the water combined with active stretches for each muscle group will improve joint mobility and flexibility. Your body will gain strength, endurance and balance in this joint-friendly class. All exercises are performed with your body in a vertical position and your feet on the pool floor. The water is kept at 83 to 86 degrees, and our pool is accessible by stairs or chair lift.

**Gentle Aqua: (BB, SEN)** This invigorating, yet gentle, approach to water aerobics is perfect if you are new to exercise, recovering from injuries or any other physical challenges. This class will increase your aerobic capacity, give you strength, tone your muscles and improve your posture and balance.

**INTERMEDIATE Level Classes:** Try these classes if you have been actively participating in a fitness program for at least 4 months with few/no physical limitations. May include activities with moderate-to-high levels of aerobic activity.

**Intense Aqua: (BB)** This class will get you moving and get your heart pumping! Using equipment, you'll work through a series of interval exercises that raise your heart rate in the water for an intense cardio workout.

**Aqua Fit:** This class integrates cardio moves along with buoyancy and strength components. Noodles and water weights will be used to help tone and strengthen.

**INTERMEDIATE to ADVANCED Level Classes:**

**Aqua Deep:** This class will take you to the 5-foot deep end of our lap pool. You will learn how to work and condition the deep core muscles of your body by doing fun sport specific exercises. Get a workout that challenges your strength and stamina to improve your game.

**Aqua Tone:** (\*Participants should arrive early to put on equipment.) Challenge and enhance your workout with the use of buoyancy and resistance equipment. Water cuffs worn at your ankles, with hand held buoys, act and feel like weight training on land. A great class to strengthen and tone.

**70-Minute Advanced River Blast & Sculpt:** (\*Participants should wear aqua socks or water shoes and bring a water bottle.) Increase your aerobic endurance with this fast-paced, cardio class in the Lazy River. Plus, get 20-minutes of upper body sculpting using equipment. Challenge your heart and muscles as you walk, jog and run with and against the current for an intense workout that is easy on your joints.

**Advanced River Blast & Sculpt:** (\*Participants should wear aqua socks or water shoes and bring a water bottle.) Take your water routine up another notch with our Advanced River class. Work with and against the current in the Lazy River at a faster pace to maximize your workout. Challenge your strength and cardio with this low-impact water class.