

fitness center pool

MARCH 2020



POOL TIMES

Hours

Monday through Friday
5:30 a.m. to 8 p.m.

Saturday, Sunday & Holidays
7 a.m. to 5 p.m.

Pool Breaks

Monday through Friday
7:30-7:40 a.m.

9-9:10 a.m.

11-11:10 a.m.

1-1:10 p.m.

3-3:10 p.m.

Saturday, Sunday & Holidays
9-9:10 a.m.
11-11:10 a.m.

Senior Fitness

Monday through Friday
8-9 a.m. No open swim.

Three lap lanes open during all pool hours except during swim lessons and special activities.

 **Fitness & Sports 719-333-9140**

FREE CLASSES

Aqua Zumba

Monday and Wednesday
9:15 to 10:15 a.m.

Water Aerobics

Tuesday and Thursday
5 to 6 p.m.

Free for DoD ID card holders; \$2 guests

SWIMMING LESSONS

Cost: \$40/youth

Monday and Wednesday

March 2, 4, 9, 11, 16, 18

Level 1 & 2 for age 3+
6 to 6:30 p.m.

Level 3 & 4 for age 6+
6:35 to 7:15 p.m.

Tuesday and Thursday

March 3, 5, 10, 12, 17, 19

Level 1 & 2 for age 3+
6 to 6:30 p.m.

Level 4 & 5 for age 7+
6:35 to 7:15 p.m.

Private Lessons

Cost: \$20/half hour per person.
Call 719-333-9140 to schedule.



POOL RULES

- Swim only when a lifeguard is on duty.
- Obey all the lifeguards' instructions.
- Children ten or younger must be under the direct supervision of an adult (18 or older). The indoor pool requires an adult to escort children 11-16 to and from the pool to comply with Fitness Center regulations.
- Proper swimming attire only. Cut-offs, t-shirts, etc. are not permitted in the pool.
- Children who are not toilet trained must wear snug-fitting, plastic pants or preferably swim diapers.
- Individuals with obvious evidence of a cold or other communicable disease, open sores or lesions, including fungal skin diseases are prohibited from entering the pool.
- Please do not run on the pool deck, do not engage in "horseplay" or "chicken fights," and do not give "piggyback" rides in the pool or on the deck.
- Children using Coast Guard approved Personal Floatation Devices (LIFEJACKETS) must be accompanied in the water by their parent or guardian (18 or older) and must remain within one arms reach of child AT ALL TIMES! All lifejackets must stay in the shallow end.
- No glass or metal containers.
- No tobacco or alcohol use.
- Food and drink (other than water) are not permitted except during pool parties, in which case please keep food and drink at least 10ft from the water.
- Boisterousness, profanity, intoxication, etc. are never allowed.
- Diving is not permitted from the shallow end of the pool. Diving is permitted at the 11ft depth line and deeper.
- Jumping or diving backwards off the pool deck is not permitted.
- Lifeguards may clear the pool during electrical storms and at other times deemed necessary in the interest of safety.

