

Pool & Program Information

About the Pool

Pool temperature:86-87°F
 Hot tub temperature:101-103°F
 Pool depth:3½-4½ feet
 Main chemical in pool:Chlorine

Pool & Hot Tub Attire

A swim suit is required for all participants. Shirts and tank tops are not allowed unless they are made of polyester, nylon or spandex. Jeans and cotton clothing are prohibited.

Pool & Hot Tub Rules - General

- All members swim at their own risk
- Parents must remain present and supervise their children on the pool deck before the lesson begins.
 - Swimming students must wait to enter the water until the instructor indicates they are ready for them to do so.
 - Parents are required to pick-up their children promptly at the end of the lesson. Children may not remain in the pool after the lesson has concluded.
- No food or glass is permitted in the pool area.
- Running, diving, jumping, pushing and rough play are forbidden.
- SAC management prohibits children under the age of sixteen years (<16) to enter or use the hot tub in any way at any time.
 - Washington State Law prohibits children under the age of six years (<6) to be in the hot tub in any way at any time.
- Only children scheduled to attend swim lessons may be in the pool area.
 - Children not attending lessons must be checked-in to the child-care area.
- Non-members may not use the pool or hot tub while their child is in lessons.
- Disruptive or persons exhibiting risky behavior will be instructed to leave the pool or pool area by SAC staff.
 - Ejected students must be subsequently supervised by their respective accompanying adult or checked-in to the child-care area.

- Children under the age of sixteen years (<16) may not be in the pool area or locker rooms without their respective accompanying adult supervision.
- Everyone must shower thoroughly before entering the pool.
- Long hair must be secured before class begins.
- Wet swimsuits are only allowed in the pool or locker areas.
- Credits and make-up lessons are only offered at the discretion and approval of the SAC Aquatics Director
- Children five years of age and above (≥5) cannot be in a locker room of the opposite sex

Lap Swim Guidelines

Lap swim time is reserved for use by individuals age sixteen (≥16) and older. **No children under the age of sixteen (<16) are allowed in the pool area at this time.**

Three lanes are intended for lap swimming, on a first-come, first-served basis. The remainder of the pool is available for water walking / exercise. With multiple swimmers, please lap share using a 'paperclip' or 'circle' formation. (One (1) additional lane may be reserved for private swim lessons when noted on the current schedule.)

A note on technique & etiquette...

'Circle swimming' is preferred to best accommodate two (2) or more swimmers, with each person swimming down and back on their right-side.

To avoid collisions, only begin swimming in an occupied lane after the swimmer has been made aware of your presence. The best method is to get into the water and wait at the wall for the swimmer to come to you.

Please do not block the stairs or entry ladders of the pool or hot tub.

Family & Community Swim

An SAC staff, shallow water **attendant** is present to **monitor** the pool area, however children under the age of sixteen years (<16) must be accompanied by an adult (≥18) supervisor, which is not SAC staff, at all times.

This time is set aside for use of the pool as a recreational area. No lap lanes are available during these times.

Persons in the pool whom can not stand 'flat-footed' in the 4½ foot depth portion of the pool with their armpits above water and is under the age of five years (<5) must be within 5 feet of an accompanying adult (≥18) whom is also in the pool and not an SAC staff person.

Persons in the pool whom are using a life jacket or other flotation device, must be within 5 feet of an accompanying adult (≥18) whom is also in the pool and not an SAC staff person.

Hot Tub Rules - Supplemental

- Children ages six (6) to fifteen (15) years may use the hot tub only during designated family swim time and when also supervised by an accompanying adult (≥18 years of age.)
- Adults using the spa are recommended to limit their use to fifteen (15) minutes per use.

Sauna Rules

- The SAC sauna is a 'dry' type and water is not to be used.
- Do not use pool area kick boards or any other equipment to sit on while using the sauna. The use of towels is okay and is recommended.

Fitness Classes

Aqua Fitness:

This pool activity features music to 'rev' you up as you splash your way to fitness. This class includes toning and stretching for an overall workout. These workouts can be done at your own pace.

Physical Therapy:

The pool is closed to members during posted physical therapy times and is reserved for the use of the physical therapists associated with the SAC.

NOTES:

- Youth twelve years of age and older (≥12) may attend these classes with approval of the SAC instructor.
- For all fitness classes please proceed at your own pace and inform the SAC instructor if have any health concerns or special needs.

Swim Lessons

Parent/Child:

Designed for children six to thirty-six **months** of age (6-36.) Parents accompany children in the water and help them

learn water adjustment, motor coordination and social skills as well as an introduction to basic water safety.

Group Swim Lessons:

Designed for children ages three years of age and above (≥3.) Parents do not accompany the children in the water. Various levels are designed to accommodate the beginner all the way up to a child who is thinking of joining a competitive swim team.

Registration for the next months lessons begin the 20th of the month prior. The SAC schedule is subject to change with out notice. You can review the current schedule [here](#) or pick up a copy at the front desk.

Rates

Group Lessons:

\$55 for eight (8), thirty (30) minute lessons
\$45 for eight (8), thirty (30) minute lessons - SAC member discounted

Private Swim Lessons:

\$25 per 30 minute lesson
\$20 per 30 minute lesson - SAC member discounted

Private swim lessons are designed for all ages. Students set their own goals and the [SAC instructors](#) helps develop a workable course for success.