

Pool & Program Information

About the Pool

Pool temperature:.....86-87°F
Hot tub temperature:.....101-103°F
Pool depth:..... 4-5 feet
Main chemical in pool:.....Chlorine

Pool & Hot Tub Attire

A swimsuit 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.
- Everyone must shower thoroughly before entering the pool.
- No food or glass is permitted in the pool area.
- Long hair is recommended to be pulled back before class begins.
- Wet swimsuits are only allowed in the pool or locker room areas.
- Children five years of age and above cannot be in a locker room of the opposite sex.
- Running, diving, jumping, pushing and rough play are forbidden.
- Disruptive or persons exhibiting risky behavior will be instructed to leave the pool or pool area by SAC staff.
- Children under the age of sixteen years (<16) may not be in the pool area or locker rooms without their respective accompanying adult supervision.
- 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 hot tub 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.

Lap Swim Guidelines

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

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 share lap lanes using a formation. Additional lane(s) may be reserved for private swim lessons when noted on the current schedule.

'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

A SAC Aquatics employee, 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 supervisor 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 cannot stand 'flat-footed' in the 5 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.

Children seven years (<7) in the pool or persons whom are using a life jacket or other flotation device, must be within 5 feet of an accompanying adult whom is also in the pool.

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. Youth twelve years of age and older may attend these classes with approval of the SAC [instructor](#). For all fitness classes, please workout at your own pace and inform the SAC instructor if you have any health concerns or special needs.

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.

Swim Lessons

Private swim lessons are designed for all ages (3 yrs – 100yrs). Students set their own goals and the [SAC instructors](#) help develop a workable course for success.

Private swim lessons may be booked up to 45 days in advance via the Member Services portal, online at sacfitlife.com or over the phone. Payment is required at the time of booking. 24-hour cancellation is mandatory to not be charged for the lesson.

Parent/Child:

Designed for children six month to 3 years of age. 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.

Private Swim Lessons:

\$30 per 30 minute lesson (1 child), additional fees per child. Members receive a 25% discount.

Swim Lesson Rules

- 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. Showers are required prior to entering pool.
 - 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.
- Only children scheduled to attend swim lessons may be in the pool area.
- Non-members may not use the pool or hot tub while their child is in lessons.
- Credits are only offered at the discretion and approval of the SAC [Aquatics Director](#)