

POOL HOURS

Adult Only Indoor Swim Hours

Monday – Friday, 5:00 to 11:00 a.m. and 8:00 to 10:00 p.m.

Saturday and Sunday, from opening to 10:00 a.m. and 8:00 to 9:00 p.m.

There will be a minimum of one swim lane open at all times for adult lap swimming. Lap swimmers are encouraged to circle swim with a maximum of three swimmers. Children taking private or registered swim lessons are allowed during adult hours.

Children's Hours for the Indoor Pool

Monday – Friday, 11:00 a.m. to 4:00 p.m.

Monday – Friday, 6:30 p.m. to 8:00 p.m. Except Wednesdays from 7:00 p.m. -8:00 p.m.

Saturday and Sunday: Noon to 8:00 p.m.

Parents must be in the pool area at all time to supervise their children who are under 16 years of age. This rule appeals even when lifeguards are present.

FAMILY SPLASH AND FUN TIME

October 2009 to May 2010

Saturday and Sunday: 1:00 to 3:00 p.m.

Parents must supervise children under the age of 16 at all times.

POOL RULES

1. Showers are required before entering the pool.
2. Swimming alone is not recommended.
3. **Parents must supervise children under 16 years of age at all times in the pool.**
4. **Children who are not toilet-trained must wear plastic or rubber pants over a swim diaper.**
5. No diving, running, pushing, or squirting water.
6. No hanging on lane lines.
7. Adults must accompany children in the water who do not swim independently. The adult must be within arms distance of the child
8. Children under 16 years of age are not allowed in the whirlpool.
9. No food or beverages are permitted in the pool area.
10. No glass containers in the pool area.
11. Please do not enter the pool until your class begins.
12. Remember that on Saturdays and Sundays, children may not be in the pool until noon except during the time of their swim lesson.
13. All toys are subject to lifeguard approval.
14. Appropriate swimming attire is required to enter the pool areas or whirlpool.

Payment, Membership Requirement, Enrollment, Refund and Make-Up Policies

1. Full payment must be included with the registration form. (Exception: If student enrolls in a class after the start of the session and is unable to make-up the classes that were missed, then a pro-rated fee may be approved by the Aquatics Director).
2. Make checks payable to Midtown Athletic Club; Visa, MasterCard, Discover and American Express are accepted.
3. Membership required for registration. **Guests are welcome to participate in our program for only one session.**
4. Fee is non-refundable except as follows:
 - a. For medical disabilities, a pro-rated refund or credit less a 10% processing charge shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury.
 - b. If any class is cancelled, the club shall make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each student shall be given a refund or credit for the cancelled class. If a student cannot attend the rescheduled class, then that student shall be given credit or refund for the class. Only the Aquatics Director may approve lesson refunds, credits or pro-rated fees.
 - c. **Refunds will not be available after the first week of any given program except for the above exceptions.**
5. We reserve the right to cancel programs with low enrollment, swim lessons require a minimum of three participants per class.
6. **Assume first class choice unless otherwise called.**
7. We reserve the right to change your child's level.
8. Students are permitted make-ups for missed classes provided that:
 - a. The club is notified 24 hours in advance of any absence. Otherwise make-ups are not allowed.
 - b. Make-ups must be approved and are subject to availability. Make-ups may not be scheduled after the completion of the session.
 - c. A limit of two make-ups are permitted during the session.
9. Due to injury, illness and vacation, instructors may be substituted without prior notice.
10. **No class on the following dates:**
December 22 - January 5, March 29 - April 4, May 31

INDOOR POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Opening	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim
7	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim
7:45						Master Swim	
8	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim
9	Aqua Group ex	Aqua Group ex	Aqua Group ex	Aqua Group ex	Aqua Group ex	Aqua Group ex	Aqua Group ex
10		Parent & Tot Trans	Seahorse	Aqua Group ex	Parent & Tot	Parent & Tot	
10:30	Tadpole Pufferfish				Goldfish	Starfish	
11						Parent & Tot Trans	
11:30						Goldfish Pufferfish	
Noon						Tadpole Seahorse	
12:30		Starfish					
1		Seahorse				Family Swim	Family Swim
1:30		Tadpole				Family Swim	Family Swim
2		Goldfish				Family Swim	Family Swim
2:30						Family Swim	Family Swim
3						Guppies Flounder	Sting Ray
3:30						Angelfish	Sting Ray
4	Starfish Seahorse Guppies	Tadpole Goldfish Pufferfish	Tadpole Seahorse Guppies Starfish	Tadpole Seahorse Pufferfish		Shark	Manta Ray
4:30	Flounder Angelfish Shark	Starfish Seahorse	Goldfish Angelfish Shark	Starfish Goldfish			Manta Ray
5	Sting Ray	Angelfish Flounder Swordfish	Sting Ray	Guppies Flounder Swordfish			
5:30	Sting Ray	Shark Dolphin	Sting Ray	Shark Dolphin			
6	Manta Ray		Manta Ray				
6:30	Manta Ray	Aqua Group ex Aqua Group ex	Manta Ray	Aqua Group ex Aqua Group ex			
7			Master Swim Master Swim				
8	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim
Closing of the Club							

Adult Lap Swim

Family Swim

Parent Supervised Swim Hours.
All children 16 years and younger must be supervised at all times.