



SPORTSCLUB AQUATICS

FIVE FORKS POOL SCHEDULE EFFECTIVE 1/1/24

NO ONE under 14, including children 11-13 who have completed Youth Experience, may use the pool without a parent or guardian (adult member over the age of 18). Parent/guardian must be within sight at all times. NO ONE under 14, including children 11-13 who have completed Youth Experience, is permitted in the Hot Tub, Steam Room, or Sauna.

Please Note: Assigned lanes are reserved for class participants only during scheduled activities. Bon Secours will be using the pool for physical therapy 12:30-3:30, Monday-Friday. Pool is CLOSED Monday - Friday, 3:45-6:00pm for Swim Team.

Lap Swim	Independent or privately coached swimming, walking, or jogging back
Swim Lessons	Fee based group swimming lessons, by registration only
Masters/Triathlon	Fee based swim fitness training for adults, by registration only
Open Swim	All independent or privately coached activities
Aqua Fitness	Instructor led group fitness class
Swim Club	USA Swimming affiliated swim team, by registration only

Pool Temperature:	83° for Lap Swim
Pool Length:	25 Yards (35 round-trips = 1 mile)

