

March 2010

POOL SCHEDULE

effective: **March 1, 2010**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|-----------------------------------|
| 6:00a- 7:00a Swim Conditioning <i>Kristina</i> | | 6:00a- 7:00a Swim Conditioning <i>Kristina</i> | | 6:00a- 7:00a Swim Conditioning <i>Kristina</i> | | |
| 7:00a- 5:00p OPEN SWIM* | 6:00a- 8:30a OPEN SWIM* | 7:00a- 5:00p OPEN SWIM* | 6:00a- 8:30a OPEN SWIM* | 7:00a- 9:00p OPEN SWIM* | 7:00a- 8:30a OPEN SWIM* | 7:00a- 6:30p OPEN SWIM* |
| | 8:30a- 9:30a Aqua Aerobics <i>Ruth</i> | | 8:30a- 9:30a Aqua Aerobics <i>Kristina</i> | | 8:30a- 9:30a Aqua Aerobics <i>Mary</i> | |
| | 9:30a- 9:00p OPEN SWIM* | | 9:30a- 9:00p OPEN SWIM* | | 9:30a- 6:30p OPEN SWIM* | |
| 5:00p- 6:00p Junior Swim Team (\$) | | 5:00p- 6:00p Junior Swim Team (\$) | | | | |
| 6:00p- 9:00p OPEN SWIM* | | 6:00p- 9:00p OPEN SWIM* | | | | |

* Lap Lanes made available during Open Swim, Junior Swim Team , and Starfish Swim School at Lifeguard or staff member discretion. ALL CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

Pool Rules *for your safety!*

- **NO GLASS** allowed anywhere within the Pool Area. When available, please use outside window to purchase Courtside Cafe food for outside or poolside enjoyment.
- **NO CLUB TOWELS** permitted at pool. A \$5 fee will be charged per towel used at pool.
- **PROPER SWIMWEAR REQUIRED** in pool. No street clothes, indecent swimwear or otherwise inappropriate apparel allowed.
- **NO DIVING or RUNNING** in Pool Area. No hanging on lap lanes or Lifeguard stand. No horseplay or excessive splashing.
- **NO TOYS**, flotation devices, or other objects are allowed in the pool. Kickboards may only be used by lap swimmers or when instructed in Swim Lessons.
- **SWIM DIAPERS REQUIRED** for children under 4 years old.
- **BABY POOL** is available to children 3 years and younger.
- **CHILDREN** up to 8 years old must have adult with them AT ALL TIMES in Pool Area.
- **CHILDREN** ages 8-13 may only swim without an adult when a Lifeguard is on duty.
- **LAP SWIMMERS** will be allowed lanes for swimming during Open Swim and Junior Swim Team at Lifeguard's discretion. See Pool Schedule for Open Swim times.
- **ADULT SWIM** will be held for 10 minutes every hour on the hour as a Safety Break. Only adults are permitted in the pool at this time. Baby Pool will remain open.
- **LIFEGUARDS** are here for your safety. Please refrain from distracting Lifeguards when on duty.
- **COVER-UPS and SHOES** must be worn when leaving the Pool Area. Please DRY OFF before re-entering the club area.

PETALUMA VALLEY ATHLETIC CLUB | 85 OLD CORONA ROAD, PETALUMA, CA 94952 • 707-789-9898 • 707-789-9897(fax) • www.pvac.com

CLUB HOURS: WEEKDAYS 6:00am–10:00pm WEEKENDS 7:00am–7:00pm **POOL HOURS:** WEEKDAYS 6:00am–9:00pm WEEKENDS 7:00am–6:30pm

KIDS CLUB HOURS: WEEKDAYS 8:30am–12:30pm & 3:30pm–8:00pm WEEKENDS 8:30am–12:30pm